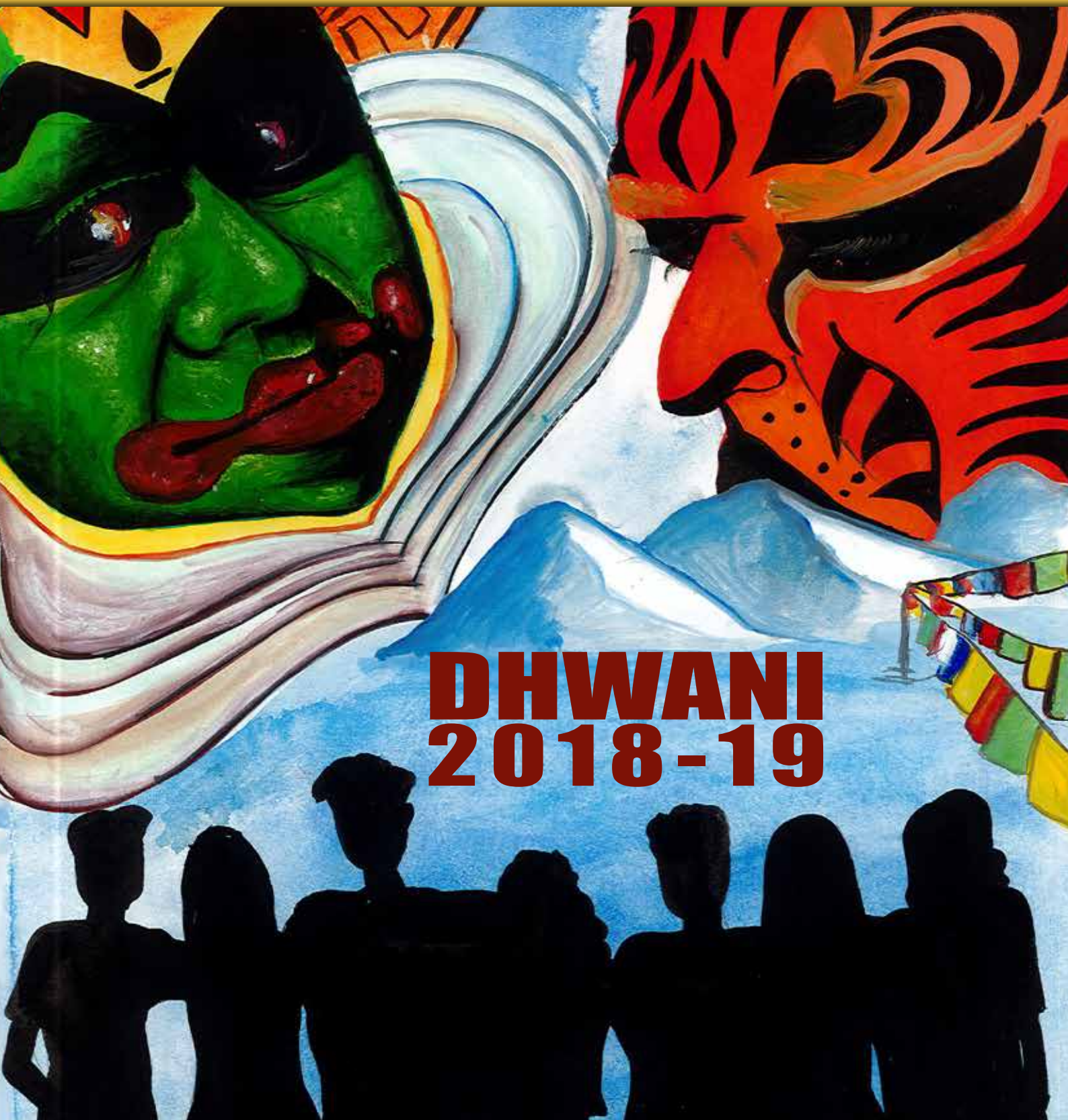




MANIPAL COLLEGE OF NURSING

MANIPAL

*(A constituent unit of MAHE, Manipal)*



# DHWANI 2018-19

Manipal College of Nursing Manipal

Manipal - 576104, Karnataka, India

In memory of



**Late Prof. P P Bhanumathi**

Founder Dean (*Tenure: 01.09.1989 - 31.08.2003*)



**Dr. T M A Pai**

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

# Editorial Team



Mrs Binu Margaret



Mrs Reshma R Kotian



Mrs Yashoda S



Mr Renjula Yesodharan



Mrs Jackline Prathibha



Dr Maria Pais



Dr Melita Sheilini



Mrs Saritha



Ms Alphy Elsa Sabu



Ms Melvita Andrade



Ms Amala Treesa Martin



Ms Tresa Rony



Ms Christina Abraham



Ms Meghna Pandit



Ms Renvita Mary Dalmeida



Ms Piyali Saha



Sr Reena T Y



Ms Roshini



Ms Sinduja



Mr Anand Upadhyay



## Message



With the healthcare sector expanding by leaps and bounds, the role of the nursing personnel has assumed greater importance. It is essential that those entering the nursing profession have a thorough grounding of the subject, so that they turn out to be dependable and capable healthcare service providers and in this regard, nursing schools and colleges play an important role. I am glad 'Dhwani' magazine of the Manipal College of Nursing has been vividly showcasing the accomplishments of the students. My best wishes to all the students for a bright future.

**Dr Ramdas M Pai**

Chancellor

MAHE, Manipal



## Message



Educational institutions provide the rarest of opportunities for the young minds to flower into maturity with the acquisition of knowledge and development of noble virtues of humanity to be successful citizens of tomorrow. I do believe the Manipal College of Nursing is marching on the right path in this direction to make its students capable of ably shouldering the responsibilities of the nursing profession. This College Magazine will be able to showcase the commendable attainments of the students. I wish the students a bright future.

**Dr H S Ballal**  
Pro Chancellor  
MAHE, Manipal



## Message



I am delighted to be associated with the college magazine 'Dhwani' of MCON, Manipal.

It is often said "Give me a copy of your college magazine, I will tell you about the quality of your college". I strongly believe in this statement. For, a magazine carries the contributions reflecting ethos and aspirations of the students, faculty and other team members of an institution.

A college may reach heights of glory, but without materials like a college magazine, the outside world may not know of it. The role of a college magazine is therefore vital in promoting what an institution offers. It brings out into the open things hitherto unrevealed. It informs, engages, inspires and entertains a diverse readership - including alumni, parents, students, faculty, staff and other friends of the college - by telling powerful stories that present a compelling, timely and honest portrait of the college and its extended family.

I am happy that there is a dedicated team of staff and students who have brought out this magazine.

I wish the entire team of MCON, Manipal all the best.



### **Dr Poornima Baliga**

Pro Vice Chancellor

MAHE, Manipal



## Message



It gives great pleasure to write for the latest version of Dhwani. True to its name, this magazine has brought out the students' dhwani by showcasing their academic, literary and artistic talents. In addition to all the achievements of this college, Dhwani is yet another mile stone in their curricular and co-curricular activities.

I applaud the Editorial Team for the hard work and dedication they have invested in to bring out this wonderful magazine, and wish all the students, a very bright and successful future.

### **Dr Geetha Maiya**

Director, Student Affairs  
MAHE, Manipal





## Message



As another academic year begins, it gives me immense pride to release another edition of the College's renowned magazine 'Dhwani'.

We are determined to make our students "excellent health care professionals" and "performers" with utmost self-confidence and practical wisdom so as to be successful in whatever field of activities they get involved after acquiring knowledge and competence from this Institute. I am sure, our students will undoubtedly shape the future of our country. The quality of education imparted to them will have a definite impact on their personalities. I hope that the college will continue to create congenial academic ambience and a plethora of opportunities to make budding professionals, competent enough to face the future.

I commend the efforts of our students and the faculty advisors of the editorial committee in bringing out this E Magazine of the College 'Dhwani'. I wish the Magazine a grand success.



### **Dr Anice George**

Dean

Manipal College of Nursing, MAHE, Manipal

## Message



Overall development, nurturing creativity and encouraging innovation is the goal of education. With its vision and mission of excellence in Nursing Education, Manipal College of Nursing (MCON) has been one of the best institution to harness the creativity, strengthen the inspired minds of the young individuals to reach their highest heights. Annually the college Magazine 'Dhwani' is released echoing the voices of students and the faculty. I am sure that the current magazine has showcased the imaginary innovative thoughts, ideas reflecting the overall development of our students. I congratulate the editorial team for their persistent effort, excellent teamwork in bringing out this magazine. Wishing you all the best in future endeavours.

### **Dr Judith A Noronha**

Associate Dean

Manipal College of Nursing, MAHE, Manipal

## From the Editor's desk . . .

“DHWANI” College magazine reflects the breadth and vitality of the yearlong activities of students and faculty members of Manipal College of Nursing, Manipal. This college magazine gives a platform to exhibit the literary skills, creative and innovative ideas of students and faculty members and the events and activities conducted during the academic year.

It gives me immense pleasure to present before you the third edition of the e-magazine of our College “Dhwani” 2018-19. The magazine showcases the thoughts, achievements, talents and memories through lively articles, artistic talents, and glimpses of events, activities and achievements in the academic year 2018-19.

I would like to appreciate all the contributors for their remarkable submissions.

I would like to express my deep gratitude to our Dean, Dr Anice George, Associate Dean, Dr Judith A Noronha, HODs and faculty members for the constant support.



My heartfelt gratitude to my Editorial team members for the relentless efforts to successful completion of the tedious task of putting together the myriad thoughts of our students and faculty members into a meaning and delightful visual fest!

We hope the magazine will stir the mind and enthusiasm of the readers.

Happy reading...

### **Binu Margaret**

Assistant Professor - Selection Grade  
Manipal College of Nursing, Manipal

## SNA President speaks . . .

Leadership is leading by action and example. It is having the self-confidence to believe you can make a difference, the passion to believe it matters and the courage to risk it all. Being a leader allowed me to see how important it was to understand, appreciate and accept people's identities and cultures. It's about setting clear visions, inspiring trust and unleashing the ability of every student to reach their full potential.

Throughout my years at MCON, I have learnt that every student is challenged in various ways; academically, socially and emotionally. Leading with example, I took it upon myself to work in collaboration with everyone in providing strategies and offer countless activities in order to suit the needs of all the students.

Student Council plays a significant role in creating the community, we call MCON. We strive to maintain the calibre of the college in conjunction with building upon areas we feel would benefit it as whole. Together as a team, we coach leadership skills and promote unity to ensure every student is given the right tools to succeed in a holistic manner.

As my time comes to an end, I take with me invaluable knowledge and skills to continue to drive my visions into reality. It is my endeavor that my actions as a leader, a team player and a friend have inspired students to dream more, learn more, do more and become more than their wildest imaginations!

Thank you, it was a pleasure working with you all. Good luck!



### **Fatema Mohamed**

SNA President 2018-19

MCON, Manipal

# Annual Report 2018

## Manipal College of Nursing Manipal MAHE, Manipal

### Mission

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

### Vision

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

### Values

Quality

Commitment

Accountability

Teamwork

Loyalty

Integrity

Humane touch

### Milestones...

- ISO 9001:2015, 14001:2015 and 50001:2011:2017
- Nurse Practitioner in Critical Care Post Graduate Residency program : 2017
- NAAC re accreditation: 2016
- Silver Jubilee: 2015
- PB Diploma in Nursing: 2011
- Structured PhD program in Nursing: 2011
- Integrated Management System: 2010
- ISO 9001:2000 Certification: 2005
- Master of Philosophy in Nursing: 1995

- Post Basic BSc Nursing: 1995
- MSc Nursing (5 specialties): 1994
- Basic BSc Nursing: 1990

### MCON Departments

- Department of Medical Surgical Nursing
- Department of Fundamentals of Nursing
- Department of Community Health Nursing
- Department of Psychiatric (Mental Health) Nursing
- Department of Child Health (Paediatric) Nursing
- Department of Obstetrics & Gynaecological Nursing

### Course Matrix

NAME OF THE COURSE	YEARLY ENROLMENT	DURATION OF THE COURSE (YEARS)
Basic BSc Nursing	100	4
PB BSc Nursing	50	2
PB Diploma 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)

- Advanced Critical Care
- Emergency Management
- Advanced Neonatal Nursing
- Infertility Management

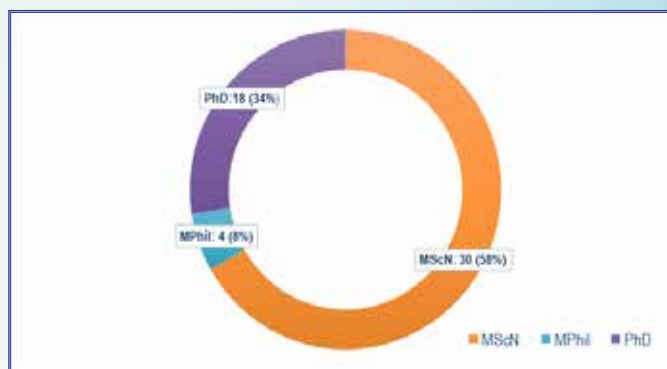
#### Short term certificate courses (since 2019)

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

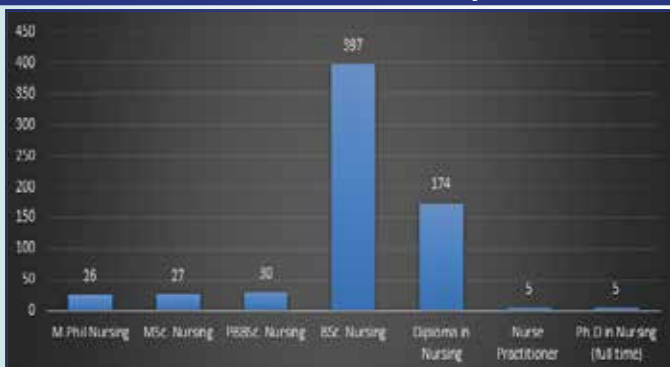
## Clinical Training areas

- Kasturba Hospital Manipal
- Dr TMA Pai Rotary Hospital, Udupi
- Dr TMA Pai Hospital, Karkala
- ASARE Manipal
- Hombelaku Psychiatric Rehabilitation Centre
- Adopted Villages
- RMCW Homes
- Ashwini Hospital Ottapalam, Kerala
- Valluvanad Hospital Ottappalam, Kerala
- Spandana, Najjar, Kallianpur
- CMC Vellore
- NIMHANS, Bangalore
- PHC Hiriadka and CHC Brahmavar
- Manipal Hospital, Bangalore

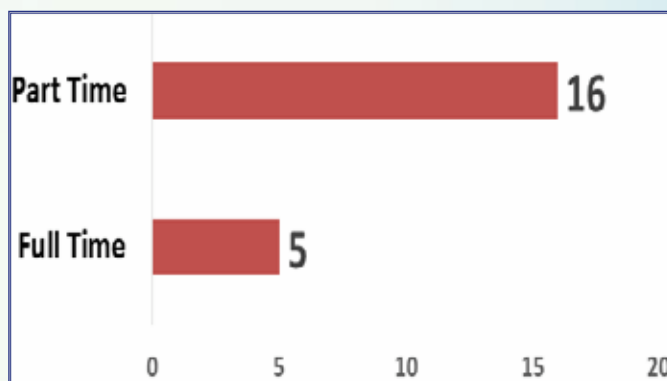
## Faculty Qualifications



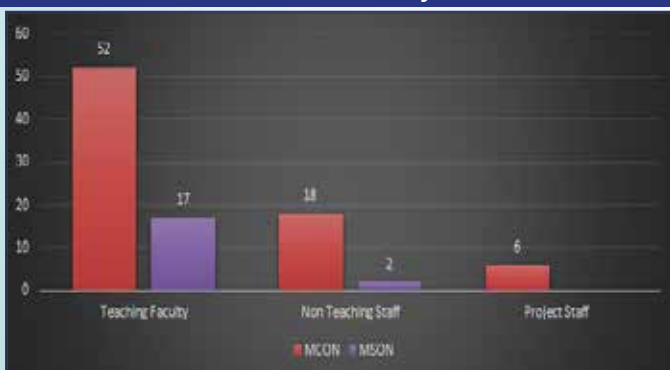
## Number of students in the academic year 2018-19



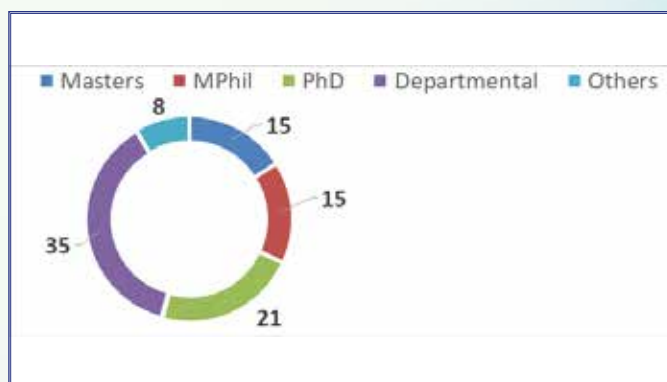
## PhD Scholars: 21



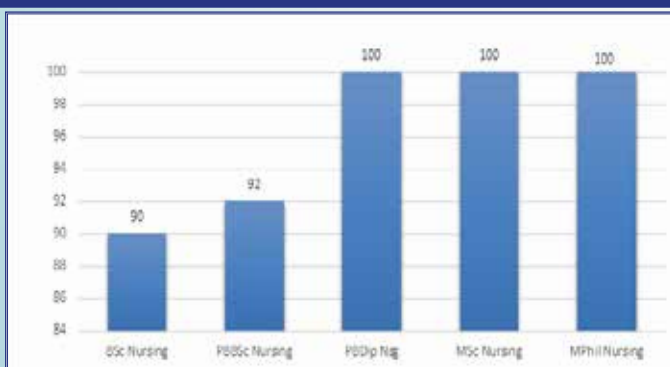
## Number of staff in the academic year 2018-2019



## Ongoing Research: 94



## Academic Results 2017-2018

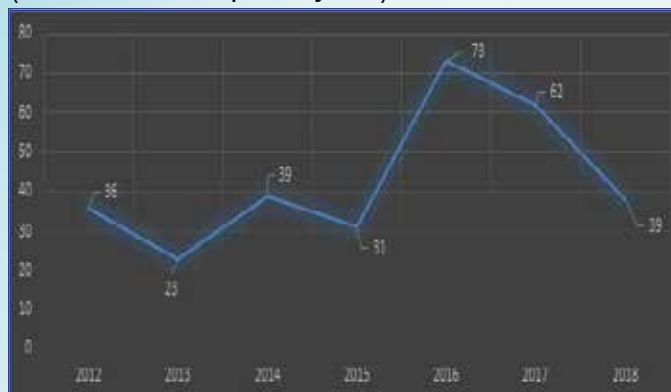


## Presentations (Paper and Poster): 68



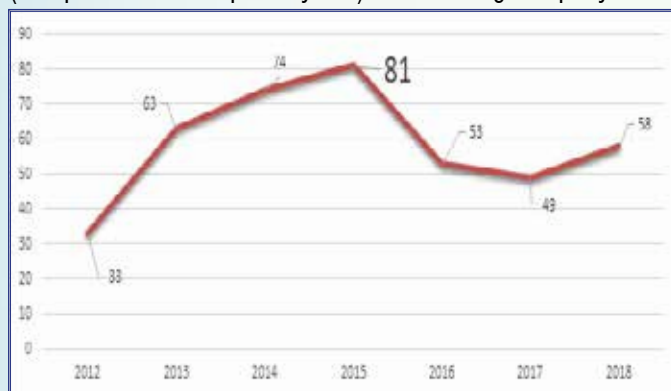
## Invited Speaker/Resource Person: 39

(303 sessions for past 7 years)



## Publications: 58

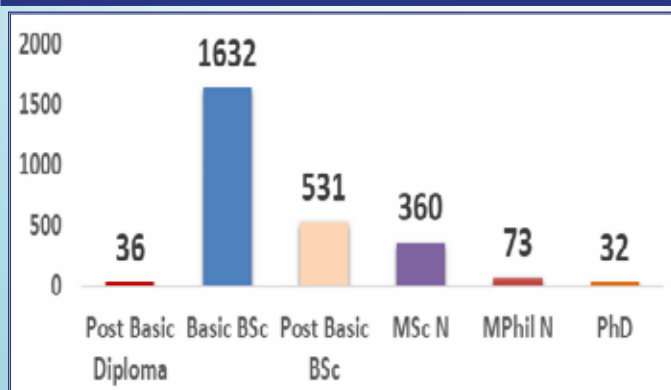
(411 publications for past 7 years) on an average 59 per year



## Grants Applied: 31



## Number of alumni as on 2018: 2664



## Patient care activities/Initiatives

Patient care activities/initiatives	No of beneficiaries
Lactation Counselling	237
Health talk on Breastfeeding at RMCW homes	250
Participation in Diabetes Clinic	249
Rehabilitation Nursing services at Hombeleku	50
Participation at Summer Camp for patients with hemophilia and their family	120
Diabetes Screening camp	425
Monthly Rural Morbidity clinics at Athrady and Moodubelle	611

## Major events

- Seminar on Clinical Update – February 27, 2018
- IQAC meeting – June 8 and December 2018
- Academic Audit – June 9, 2018
- Faculty Development Program – July 26 and 27, 2018
- Fourth Curriculum Convention on Competency Based Education – August 22, 2018
- Lighting of the Lamp Ceremony – October 13, 2018
- Workshop on Objective Structured Clinical Examination – November 2, 2018
- Workshop on Developmental Supportive Care – December 8, 2018
- Seminar on Personal and Professional Development – December 15, 2018
- Work Integrated Learning Program – November 9, 2018
- CPR (Cardio Pulmonary Resuscitation) Training Program for the Non-teaching staff – September 25, 2018
- Workshop on Research Utilization and EBP – March 20, 2018
- Workshop on Evidence Informed Public Writing for Academics and Researchers – June 25, 2018
- Workshop on Systematic Review and Meta-Analysis – October 4 and 5, 2018

## Health Days observed

- World Cancer Day: February 2, 2018
- International Childhood Cancer Day: February 27, 2018
- International Women's Day: March 7 and 18, 2018

- World Tuberculosis Day: March 23, 2018
- World Health Day: March 26, 2018 and April 7, 2018
- International Midwives Day: May 5, 2018
- World Breastfeeding Week: August 1 to 7, 2018
- National Nutrition Week: September 7, 2018
- World Suicide Prevention Day: September 12, 2018
- World Alzheimer's Day: September 24-27, 2018
- World Heart Day: September 27, 2018
- World Mental Health Day: October 10, 2018
- World Iodine Deficiency Day: October 21, 2018
- Children's Day: November 2 and 13, 2018
- World Diabetes Day: November 14, 2018
- New born Week: November 15 to 21, 2018
- World AIDS Day: December 1, 2018

#### Events observed as per UGC Directive

- National Youth Day: January 12, 2018
- Matribhasha Diwas: February 21, 2018
- Swachhta Pledge- 150th Birth Anniversary of Mahatma Gandhi: September 5, 2018
- Surgical Strike Day: September 29, 2018

#### Institute of Eminence: HoD's Retreat: December 6 and 7, 2018

The fourth retreat of MCON Manipal was held on December 6, 2018 at the Tinton River Palms, Kundapur.

A team of 11 members consisting of Dean and Assoc. Dean of MCON Manipal, HoDs of all the six Departments, Principal, School of Nursing, Manipal, JME MCON and a staff member of MCON participated in the retreat. Dr Christopher Sudhaker, Director – Quality, MAHE, Manipal and Mr Anil D'Souza, HR Manager, MAHE, Manipal were also part of this retreat.

HoD's retreat was conducted in continuation of Hols' retreat to make more achievable objectives and action plans for the Institution.

The Four Pillars of the Institute of Eminence gave an overview of their individual pillars:

P-1 Excellence in Education – by Dr Judith A Noronha

P-2 Exemplary Research and Innovation – by Dr Baby S Nayak

P-3 Expanding Reach and Internationalization – by Dr Elsa Sanatombi Devi

P-4 Effective Engagement and Alumni Relations – by Dr Mamatha S Pai

P-5 Enabling Foundation – Dealt by MAHE

Further, to percolate the progress/plans of pillars of Institution of Eminence, a Faculty Retreat was conducted on for December 12, 2018 between 4:00 pm and 5:30 pm at the college. The team leaders of each Pillar presented the activities and plans of their individual pillars.





# Department of Medical Surgical Nursing



**Bottom row: Left to right:** Dr Ramesh C, Mrs Soumya Christabel, Dr Jyothi Chakrabarty, Dr Elsa Sanatombi Devi, Mrs 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 post graduate nursing students in the field of Medical Surgical Nursing including Nurse Practitioner. Theory classes are taken in the classrooms and students gain practical experience in the medical surgical wards of hospital. The faculty incorporate clinical teaching, individual case discussion, case studies, and skype sessions with Nurse Practitioner from USA and clinical conferences, so that the students can apply theory knowledge in clinical setting and attain a higher understanding and skill. In addition to this, faculty members take classes on Emergency and First-aid and Basic Life Support for external students.

## Objectives

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

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

## Research activities

- Care giver burden on traumatic brain injury
- Prevalence, risk factors and complications of chronic wounds: A systematic review
- Prevalence and risk factors of depression among children and adolescents in India - A systematic review and meta-analysis
- Interprofessional approach to medication management, factors for drug errors, adverse drug events, adverse drug reactions reporting strategies in India-A systematic review of observational studies and meta-analysis
- A study to explore the care giver's experience, family caring and service challenges for the dementia patients with a view to identify the challenges faced by people with dementia in the Udupi district Karnataka

### **Activities carried out:**

- Departmental CNE-12
- Research ongoing-5
- Publication details- 13
- Workshop and CNE conducted-1
- Conference presentations-08
- Outreach programs-3

### **Details of research grants:**

No of grants applied: 18

No of grants received:

- Travel grant received: 2

### *Details of travel grant:*

- Dr Latha T received Travel grant from Campbell Collaboration for the paper presentation titled, 'Evidence and gap map on the effectiveness of social protection intervention in low and middle income countries: Protocol' at National Symposium on Evidence Synthesis held at New Delhi from April 9-12, 2018.
- Dr Latha T received travel grant from Global Development Network (GDN) to attend the workshop on 'Search Strategies' conducted by Cochrane Library UK and organized by Campbell Collaboration at New Delhi from June 17-21, 2019.

### **International Presentation/Resource Person**

1. Dr Jyothi Chakrabarty was the resource person for International Conference on 'The Essentials of Stroke Care' on November 17 and 18, 2018, Thiruvananthapuram, Kerala.
2. Dr Jyothi Chakrabarty was the resource person for 'Manipal Advanced Critical Care Clinical Practice' in Al Salam International Hospital, Kuwait from March 16 to 21, 2019.
3. Dr Jyothi Chakrabarty was the resource person for 'Nurse Practitioner –A Dream Job' for the fourth National Conference on 'Confluence together towards' Excellence conducted on June 14 and 15, 2019 at St Philomena's College of Nursing, Bangalore.
4. Dr Latha T presented paper in the International conference on Nurses and Midwives for universal health coverage held at New Delhi on November 30, 2018 organized by Indian Nursing Council. Title

of the paper: Methicillin Resistant and Methicillin Sensitive Staphylococcus Aureus Infected Patients: Comparison of Clinico-Demography and Haematological Parameters.

5. Dr Latha T presented paper in the 1st International RFCCN SAARC Conference held at C C Centre, Belgaum on February 9, 2019 organized by Critical Care Nurses Society. Title of the paper: Methicillin Resistant Staphylococcus Aureus carrier status among Indian healthcare workers: A systematic review and meta-analysis.
6. Dr Latha T presented paper in the Symposium on Evidence Synthesis held at India Habitat Centre, New Delhi on April 10, 2019 organized by Campbell Collaboration and George Institute. Title of the paper: Evidence and gap map on the effectiveness of social protection intervention in low and middle income countries: Protocol.
7. Mrs Soumya Christabel presented a paper in the International Conference on 'Voyage towards excellence and advocacy' held on December 10, 2018, organized and held at Krupanidhi College of Nursing, Bengaluru. Title of the poster: 'Designing a Healthcare Associated Infections (HAIs) E- Surveillance: A Web based Surveillance Application.'
8. Mrs Shalini was the resource person for the CNE on 'Advanced Critical Care Clinical Practice Nursing Course' between March 16 and 21, 2019 at Al-Salam International Hospital, Kuwait.
9. Mr Anil Raj was the resource person for the CNE on 'Advanced Medical Surgical Nursing and Geriatric Nursing' between September 21 and 28, 2018 at Al Salam international Hospital, Kuwait.
10. Dr Ramesh presented a paper titled: Effect of Comprehensive Nursing Intervention Program on anxiety, fatigue, self-efficacy and quality of life in patients undergoing CABG surgery during the International Conference held at Institute of Nursing Sciences, KLE University, Belagavi on November 22, 2018.
11. Dr Ramesh presented a paper titled: Effectiveness of reflexology on anxiety of the patients undergoing cardiovascular interventional procedures: A quantitative systematic review and meta-analysis of randomized controlled trials during

the International Conference held at Krupanidhi College of Nursing, Bengaluru on December 10, 2018.

12. Dr Melita presented a paper on 'Family support and medication non-adherence among elderly on anti-hypertensives' during the international conference on Voyage towards excellence and advocacy at Krupanidhi College of Nursing, Bengaluru on December 10, 2018.

### Awards/Recognitions

- Dr Melita Sheilini was awarded PhD in July 2018 from MAHE Manipal
- Dr Latha T was awarded PhD in November 2018 from MAHE Manipal
- Mrs Soumya Christabel received 'First prize in scientific poster presentation' during the 'International Conference on Voyage towards excellence and advocacy' held on December 10, 2018, organized and held at Krupanidhi College of Nursing, Bengaluru. Title of the poster: 'Designing a Healthcare Associated Infections (HAIs) E- Surveillance: A Web based Surveillance Application.'
- Dr Ramesh received Distinguished Alumni Award 2018 during the Founder's and University day celebration held at Sri Ramachandra University, Porur, Chennai on September 19, 2018.
- Dr Ramesh received Best Oral Paper Award on Effect of Comprehensive Nursing Intervention Program on anxiety, fatigue, self-efficacy and quality of life in patients undergoing CABG surgery during the International Conference Organized by Institute of Nursing Sciences, KLE University, Belagavi, Karnataka.
- Dr Ramesh received Best Oral Paper Award on Effectiveness of reflexology on anxiety of the patients undergoing cardiovascular interventional procedures: A quantitative systematic review and meta-analysis of randomized controlled trials during the International Conference Organized by College of Nursing, Krupanidhi Group of Institutions, Bengaluru.
- Mrs Shalini secured first place for the Oral presentation on 'Head and Neck Cancer specific symptoms of patient receiving radiotherapy'

during the National conference on QUANT-QUAL on February 20 and 21, 2019 at Laxmi Memorial College of Nursing Mangalore.

- Mrs Shalini secured first place for the Poster presentation on 'Impact of Procrastination on academic stress among undergraduate nursing students' during the National conference on QUANT-QUAL on February 20 and 21, 2019 at Laxmi Memorial College of Nursing, Mangalore.

### Highlight of Activities during July 2018 to June 2019

#### First aid for KMC:

First aid training program for the First year MBBS students of KMC Manipal was conducted on August 30 and 31, 2018 from 2-4 pm. Discussed on how to provide Cardio Pulmonary Resuscitation (CPR) and emphasized on its importance as a life saving measure for the victims of cardiac arrest along with highlighting the importance of first aid, its scope and limitations. Followed by this, the students were divided into groups and each of the groups was taught on different techniques of bandaging and the steps of providing CPR.



### **First aid for Anti Naxal group:**

First aid for Anti Naxal group was conducted by the department on October 25, 2018 from 9 am-1 pm at the training centre for Anti Naxal group, Kukkundoor, Karkala, Udupi District. An interaction took place with the police trainees on the importance of First aid and CPR as a life saving measure for the victims of cardiac arrest, its scope and limitations. A total of 75 police trainees attended the sessions and one of the participant expressed that the trainees from different districts of Karnataka could be empowered to execute first aid and CPR in times of need and also create awareness among their team members.



### **World Diabetes Day 2018:**

World Diabetes day was observed on November 14, 2018. Poster competition on the theme of 'The Family and Diabetes' was conducted for faculty and students of MAHE. Assessing BMI, Blood sugar check and ECG was done along with incidental teaching on life style modifications at the headquarters of Anti Naxal group, Karkala, Udupi District. Mega screening camp was also conducted along with the students at Udupi District.

### **First aid program for the students of Govt. Polytechnic College, Karkala:**

First aid program was conducted for the Polytechnic students of Govt. Polytechnic College, Karkala, on February 05, 2019. First aid measures for the various minor ailments were highlighted during the session which included sprain, cramps, dislocation, fracture, burns, spinal injury, epistaxis, drowning, snakebite, choking and cardiopulmonary resuscitation. The group participated actively in the program and a total of 100 students benefited from the session.

### **World TB day 2019:**

Tuberculosis Awareness Program was organized on March 22, 2019 on account of World Tuberculosis Day 2019. Dr Vijaya Kumar, Assistant Professor, Department of Respiratory Medicine, Kasturba Medical College Manipal, Manipal Academy of Higher Education delivered the guest lecture on 'It's time for action and it's time to end tuberculosis' to the employees of hostel (Care takers), MAHE, Manipal. He highlighted on symptoms identification, treatment and prevention of tuberculosis during his lecture. The care takers were instructed so as to how students suffering from TB and other health issues can be rightly identified. Care takers play a pivotal role towards students' health and wellbeing. A role play with the theme 'It's time to end TB' by the First year MSc Medical Surgical Nursing Students was performed.



### **Critical Care Update- Patient Safety**

**March 15, 2019**

Need assessment speaks volumes on patient safety and critical care updates. Owing to the complex treatment modalities and competencies expected, Medical Surgical Critical Care Masters' students felt the need that nurses need to keep abreast to the changing needs of the patients and evidences. Dr Tom Devasia, Professor and Head, Cardiology Department, Kasturba Hospital during the inaugural session expressed that nurses are the ones who saved patients in times of crisis with their clinical expertise through experience. Dr Anice George, Dean, MCON laid a foundational motive to be self-motivated for higher learning and attaining competence to raise the standards of nursing. Introducing common entry for nursing will help reduce

the gaps in educational training in nursing. Aptitude, attitude, skills and understanding details will help nurses work with right decision for positive patient outcome.



Dr Jayaraj Mymbilly Balakrishnan, Professor and Head, EMD Department, Kasturba Hospital, Manipal said that nurses need to aptly know how to triage. A nurse's expertise in identifying or triaging a patient whether he needs any immediate life saving measures, noticing if the patient could wait a little, how much services are required and finally what are his vital signs revealing. A critical care nurse is expected to identify at the right time, so that right treatment is given at the right time and bring about positive outcome. It is high time that nurses have to define the roles of critical care nurses that apply to Indian scenario.



Mrs Clarita Martis, PhD scholar MCON, MAHE, Manipal emphasized on the importance of small volume-large volume mix pattern in medication. Having to understand the drug interactions, incompatibilities and the art of administering medications considering the complex medication patterns against the morbidity plays a vital role of nurse's awareness of the competencies. The session was moderated by Dr Elsa Sanatombi Devi. Critical care monitoring in the ICUs remains the corner stone of prompt treatment. Being observant is being vigilant while we take care of the patient's crucial recovery process as related by Ms Sangeetha, Ms Shalini and Mrs Sowmya Christabel.



Skills of calculating emergency drugs that are lifesaving, needs a mandate exercise as we work in the IUCs. Medication errors creeps in from the time of prescription, dispensing and finally during administration which the nurse is held accountable in most of the situations. Aptitude skills may sound trivial but the most important skills which elude legal distresses. The nurses took active part in calculating live drugs that are put on their table and find solutions to the skills posed. Clarifications to calculation were addressed by Mrs Janet Prameela, Ms Caroline and Ms Sabina. ISBAR technique to communicate among health care plays a pivotal role in positive patient care outcome. Framework of interprofessional communication helps reduce duplication and right communication among team members. This session was facilitated by Dr Ramesh, Ms Smitha D Varghese and Ms Roshni. The sessions ended with hope to develop skill development modules to clearly define nurses' role in patient care authentically in the Indian context to build evidences for future care. Ms Tanusree Pradhan, the student convener expressed her views on continual contributions towards simulation learning platform in clinical arena can transform patient safety in ICUs.

# 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 JJ D'Souza

## About the department:

The Department undertakes training of undergraduate nursing students at MCON Manipal. Students receive training in basic nursing procedures which will equip them to give basic nursing care to patients. Students are trained in developing basic skills in the Pre-clinical Nursing laboratory, in simulated conditions, before they are exposed to real hospital situations. The students have rated the faculty members in the department at 4.43 on a five point scale. The faculty members of the Department are also taking few classes on certain procedures to the Bachelor of Physiotherapy and Nuclear Medicine technology students of School of Allied Health Sciences, Manipal.

## Objectives

- To prepare the students to provide basic nursing care to the patients
- To teach BSc Nursing students in both the classroom and clinical area
- To conduct monthly continuing education program for the department staff
- To organize and conduct health awareness program

## Research activities

- Readiness for self-directed learning among undergraduate nursing students

- Cardiovascular disease risk factor knowledge, psychosocial variables, clinical and socio demographic, parameters and functional capacity among patients with cardiovascular disease in a tertiary care hospital in Udupi District
- Perception of students and mental workload of examiners regarding OSCE
- Clinical competency of student nurses and perception of clinical supervisors towards student nurses clinical competency

## Activities carried out

- Departmental CNE-12
- Research ongoing-4
- Research completed-2
- Publication details-12
- Workshop and CNE conducted-1
- Conference presentations-4
- Innovation-1
- Outreach programs-2

## Details of research grants:

No of grants applied: 2  
No of grants received: 1

## International Presentation/Resource Person

- Mrs Sulochana presented a paper on the topic 'Cardio vascular disease- Promotive and preventive care way ahead' at James Cook University on cardiovascular prevention ahead at Australia on July 18 and 19, 2018.
- Mrs Radhika R Pai presented a paper on 'Impact of Oral Care Training on Nursing Practice and Documentation in Oncology Unit' in International Conference on Radiation Biology on October 3 to 6, 2018.
- Mrs Sulochana was the resource person at World Congress of cardiology and cardiovascular health on the topic 'Screening Blood Pressure in rural India. A collaboration of Nursing and Community Workers' on December 5 to 8, 2018 at Dubai.
- Dr Linu Sara George was the resource person for the workshop on OSCE on the topic 'Implementation of OSCE' at MCON, Manipal on November 2, 2019.
- Mr Jomon C U was the resource person for the workshop on OSCE on the topic 'OSCE software' at MCON, Manipal on November 2, 2019.

## Awards/Recognitions

- Mrs Prima JJ D'Souza awarded as 'Good teacher award' for the year 2017-2018.
- Mrs Sulochana awarded for the second best published research paper in the Scopus Indexed Journal and for earning above 10 points for publication in Scopus indexed journal for the year 2018.

## Highlight of Activities during July 2018 to June 2019

### Lamp Lighting Day 2018

The lamp lighting ceremony for the 29th batch of BSc Nursing students of MCON Manipal was held on October 13, 2018 at Shirdi Saibaba Conference Hall, Kasturba Hospital, Manipal.

The lamp lighting ceremony is done as a tribute to Florence Nightingale, the lady with the lamp, is an auspicious occasion in every nurse's life. The 99 first year BSc Nursing students received the light from the chief guest, Mrs Gracy Lobo, Nursing Superintendent, KMC Hospital Attavar, Mangalore, Dr Anice George, Dean, MCON Manipal, Dr Judith A Noronha, Associate Dean, and Dr Shashidhara Y N, HOD Community Health Nursing Manipal, which was followed by the oath taking ceremony of the novice nurses.



Chief Guest congratulated the students for choosing this profession which renders inevitable contribution for a patient's recovery and she also highlighted about 3 C's of nursing profession: Care, cure and coordination, as well as 3 H's: Hand, heart and head required for passionate nursing care. She even highlighted on how student nurses can bring a change in patient's life with small gestures with her own personal life experiences. Dean, Dr Anice George, in her message to the students, emphasized the requirement of developing curiosity, humility and passion for caring the patient as an essential requirement for the student nurses to inculcate.



### World Aids day Celebration

Fundamentals of Nursing Department, observed World AIDS Day on December 1, 2018. The theme for this year was 'Know your status'.



An interactive session titled 'Be aware Take care' was conducted among third year Diploma in Nursing and Midwifery students of Manipal School of Nursing Manipal. Around 33 students participated and shared their views via role play titled 'Breaking the news of HIV diagnosis', case discussion on a patient scenario, a debate on 'handling sensitive issue of HIV/AIDS' and discussions on various perspectives of counselling the patient with HIV/AIDS.



### **Outreach program on First aid for the Primary School Children**

The faculty members of Fundamentals of Nursing Department conducted an outreach program on First aid for the primary school children and teachers on December 01, 2018 from 10.30 am to 1 pm at the BM Primary School Perdoor, Udupi District.

The team from MCON, Mr Jomon C U and Mrs Charlet Jasmine Vaz trained the primary school children and teachers on the importance of First aid and CPR as a life saving measure for the victims of various conditions. The topics covered were: Choking, bleeding, burns, drowning, fracture, snake bite, nose bleed, asthma, and epilepsy, electric and anaphylactic shock and there was demonstration on various bandaging techniques.

An awareness program on HIV/AIDS was conducted by the faculty of MCON for 10th standard students of Perdoor High school. Emphasis was given for awareness on HIV/AIDS, its transmission, stigma, prevention, treatment and role of every student in preventing the disease. Students were given an opportunity to discuss their views about HIV/AIDS. Importance was given on the role of younger generation in reducing stigma and discrimination among people living with HIV/AIDS and help them to lead a normal life in the society. A total of 100 students were benefited from this session.







performance. He briefed about the workshop and the various other sessions involved.



### **Workshop on OSCE**

Workshop on OSCE was organized by Department of Fundamentals of Nursing on November 2, 2018. The objectives of the workshop were to appreciate and familiarize the OSCE technique as a method of assessment as well as to develop skill in conducting OSCE. The workshop was attended by 23 participants from MAHE and from some other nursing institutions. The workshop was formally inducted by Dr Christopher Sudhakar, Director Quality, MAHE Manipal. In his key note address, he emphasized the importance of conducting OSCE for educator and impact on student

### **Blood Donation Camp**

Department of Fundamentals of Nursing, MCON, MAHE, Manipal along with Lions Club Moodubelle organized blood donation camp at Blood Bank, KH Manipal on May 7, 2019. Students and faculty members of MCON and MSON, Manipal and staffs of MAHE participated in voluntary blood donation. Sixty seven volunteers donated their blood with enthusiasm and positive attitude to save the life of patients. We had received the appreciation letter from the head of the department of Immunohematology and Blood Transfusion.



# 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 Jeylakshmi, Mr Vinish V, Mrs Rejeena 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 health care of the whole population. The Department is actively involved in undertaking the training of under graduate and post graduate nursing students in the field of Community Health Nursing. The students are provided training in assessing clients, environment, identifying the health problems and its management. The Department actively collaborates with Primary Health Centre and local leaders to ensure maximum community participation. The Department regularly conducts morbidity clinic which benefit the people residing in rural area.

## Research activities

- A study to describe the impediments to primary care and effectiveness of first aid care package (FACP) and quality of health care provided on road traffic accident victims by auto rickshaw drivers in urban area of Udupi.
- Impact of awareness Program on symptom management among advanced cancer patients and their family caregivers (ICMR funded).
- Readiness for Interprofessional Learning by the Students and Assessing the Effectiveness of

Interprofessional Team based learning (IPTBL) Module on Knowledge on prevention of falls in elderly.

- Prevalence and risk factors for malnutrition effectiveness of need based intervention on nutritional status and cognitive development of preschool children in Anganawadi centers of Udupi District.
- Prevalence of anaemia and its associated risk factors among adolescents in India: A systematic review.
- A study to determine the quality of life and other psychosocial outcomes among stroke survivors and life changes among care givers in selected areas of Udupi Taluk, Karnataka – Mixed method research.
- Prevalence, pattern of insulin administration and psychosocial well-being of Type 1 Diabetes Mellitus among school children.
- A community based RCT to determine the efficiency of Multi-Component Behavioral Intervention Program (MBIP) on medication compliance unit quality of life among elderly with chronic illness residing in selected rural areas of Udupi District, Karnataka.

### Activities carried out

- Departmental CNE: 10
- Research ongoing: 5
- Research completed: 1
- Publication details: 2
- Workshop and CNE conducted: 4
- Conference presentations: 4
- Outreach programs: 6

### Details of research grants:

No. of grants applied: 6

No. of grants received: 1

### International presentation/Resource person

- Dr Shashidhara Y N presented a paper on 'Readiness for interprofessional education' at the International Conference on Inter professional education, practice and care held at Melaka, Malaysia on December 17, 2018.
- Dr Shashidhara Y N presented a paper on 'Case Base interprofessional Learning' at the Indo US symposium on Building Capacity in Interprofessional Health Profession Education held at CCEID, MAHE on January 22, 2019.
- Dr Shashidhara Y N presented a paper on 'Disaster Nursing' at the National Conference on Disaster Management: A preparation to react and a decision to overcome held at Shiridi Saibaba Conference hall, KH, Manipal on February 8, 2019.
- Dr Shashidhara Y N was the resource person and presented on 'Literature search' at the workshop on Research Methodology and statistics held at CCEID, MAHE, Manipal on March 28, 2019.

### Awards/Recognitions

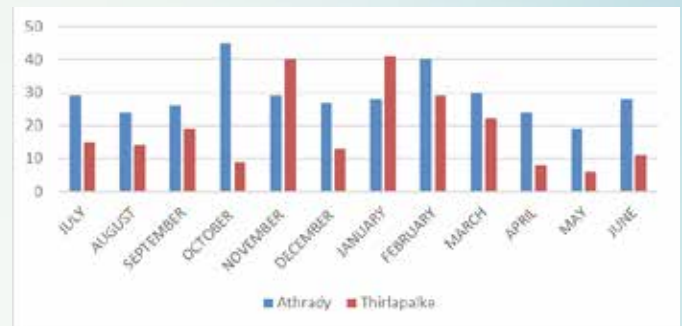
- Dr Shashidhara Y N received the Best poster award for the presentation on 'Readiness for interprofessional education by interprofessional students' at the International Conference on Interprofessional education, practice and care held at Melaka, Malaysia on December 17, 2018.
- Dr Malathi G Nayak received First prize at the Yoga Asana competition (Group IV) held at Manipal on June 21, 2019.

### Highlight of Activities during July 2018-June 19

#### Clinic activities

Morbidity clinic is conducted by the Department on every 2nd and 4th Wednesday of the month in Moodubelle and

Athrady village. Patients are examined by the Doctors of Community Medicine, KMC and necessary medications are distributed. Patients are provided with free regular check-ups and medications.



Patient statistics of the clinic: July 2018 – June 2019

### National nutritional week

National nutrition week was observed from September 1 to 7, 2018 at Higher Primary school, Hirebettu, with the theme: 'Go further with food.'

BMI assessment was done for the school children with an intention to identify the degree of malnutrition and to provide counselling services on nutrition. The pamphlets on nutritious diet were also distributed to all children and were instructed to follow the healthy diet and avoid junk foods. The children who had less weight for the age were motivated to eat high protein diet and teachers were informed about the same.



On September 7, 2018, health awareness program on 'Impact of child's nutrition on its growth and development' was conducted from 9.30 am to 12 noon at the same school. A total of 72 school children participated in the event. The importance of National Nutritional Week was given by Dr Shashidhara Y N, HOD, Department of Community Health Nursing, MCON, Manipal. He emphasized the importance of celebrating

this week, the various nutrients, its sources, functions and the consequences of nutritional deficiencies.

Later, students enacted a role play on the importance of nutrition and educated the children on the topic by using various teaching materials and techniques such as lecture, discussion, games, quiz and action song/dance. The program was concluded with prize distribution and vote of thanks.

### **World Heart Day**

World Heart Day 2018 was organized with Primary Health Centre (PHC), Malpe on September 27, 2018 at PHC Malpe for the general population and health team members of PHC, Malpe.



Dr Subramanya Rao, Medical Officer, Hirebettu, was invited as a resource person. He introduced the theme for this year as: 'My Heart, Your Heart', highlighted on worldwide and national level prevalence of cardiac diseases and medical management for the heart problem. He also emphasized information on upcoming Ayushman Bharath health insurance scheme eligibility and benefits. Mrs Ansuya had an interactive session with participants which stressed the importance of diet and lifestyle changes for preventing cardiac problems. Mrs Kusuma, Senior Health Visitor explained the facilities available in PHC and utility of these for saving the life of the people in an emergency. Fourth year BSc Nursing students exhibited a role play on causes, symptoms and prevention of cardiovascular diseases. Also, students demonstrated yoga and Cardio-pulmonary resuscitation (CPR) for the audience. Total 50 members participated in the program.

### **World Iodine Deficiency Day**

World Iodine Deficiency Day 2018 was observed at Madaga Anganwadi centre on October 26, 2018. The program commenced at 10 am with the welcome

speech by 4th year BSc Nursing student. The program was also graced by the presence of Mrs Zereena, ASHA worker, Madaga, Mrs Radhika, Health Volunteer, Madaga and Mrs Susheela, Anganwadi worker, Madaga.

The formal program was followed by a role-play integrated with health teaching on the topic of 'Iodine Deficiency Disorders - Manifestations, Treatment and Prevention' by Ms Bhavya and her team, 4th year BSc Nursing students. At the end of the teaching session, the attendees raised few questions regarding iodine excess related disorders, detection of iodine related disorders and the importance of iodized salt. All the doubts were clarified by the organizers. A total of 27 participants of various age groups attended the program. The public was greatly receptive regarding the program and displayed interest in further such programs being organised.



### **World Cancer Day**

World Cancer Day was observed by the faculty of Department of Community Health Nursing and students of second year PBBSc Nursing, MCON MAHE, Manipal in collaboration with Dr G Shankar Government Women's First Grade College on February 4, 2019 from 2 pm to 4.30 pm at Dr G Shankar Government Women's First Grade College and PG study centre, Ajjarkadu, Udupi. Presidential address was given by Dr Bhaskar Shetty, Principal, Dr G Shankar Government Women's First Grade College and PG study centre, Ajjarkadu, Udupi. He addressed the gathering about the importance of creating awareness on cancer since it is most commonly seen in our country. He also encouraged the gathering to gain knowledge and educate others to create awareness on cancer. The world cancer day theme 'I am and I will' was introduced by Dr Shashidhara Y N, Professor and HOD, Department of Community Health Nursing followed by a small video clip on 'I AM AND I

WILL' was played. The students of second year PBBS Nursing gave health talk on cervical and breast cancer: Meaning, causes/risk factors, prevention, treatment and management, followed by demonstration on breast self-examination. Re-demonstration was performed by the participants. At the end of the program, few queries of the students were discussed. A total of 65 students and 7 faculty members attended the program.



### International Women's Day

Department of Community Health Nursing in association with LION'S club, Moodubelle Udipi District conducted an outreach program at Geetha Mandir, Moodubelle for the general public, and ASHA workers. Mr Ivan D'Almeida, President of LION'S club and Mr Gerald Fernandes, Zone Chairman of LIONS club, Moodubelle inaugurated the program. Dr Shashidhara Y N, HOD, Department of Community Health Nursing, introduced the theme for this year as 'Balance for Better'.



Sister Irene, Principal, St. Lawrence School, Moodubelle addressed the gathering on women's safety in society. Mr Devadas Hebbar, Former president, Taluk Panchayat, Udipi spoke on women empowerment and explained that women can empower economically

and socially by utilizing low interest loan facility which is available through the government. Mrs Laveena Barboza, Lecturer, MCON MAHE discussed the health problems of women and self-management for women. Dr Lavya Shetty, Lecturer, Department of Yoga, KMC Manipal, demonstrated Yoga to the audience. There were totally 50 members for the program. The Program was coordinated by Mrs Ansuya, Assistant Professor, Department of Community Health Nursing, MCON MAHE, Manipal.

### World Tuberculosis Day

Each year WHO observes World Tuberculosis Day on March 24th, to increase the public awareness on Tuberculosis worldwide. As per the Global TB Burden report, tuberculosis in India has claimed 27 percent of all TB cases globally.



WHO encourages building awareness on Tuberculosis and announced the theme for this year as 'It's Time to stop TB.'

- **Socio drama for the general public at Malpe**

To sensitize to the general public, the Department of Community Health Nursing, MCON MAHE and Mantra Tourism Development Company jointly performed a socio-drama at Malpe beach on Saturday March 23, 2019 as part of World Tuberculosis Day 2019 initiatives. The socio-drama was performed perfectly by IV year BSc Nursing students and demonstrated what is TB, its causes, mode of disease transmission, signs and symptoms, treatment, and prevention. The drama highlighted the theme 'It's time to stop TB.' A large gathering of public and tourists, which came to enjoy at Malpe beach attended the socio-drama.

The main aim of the program was to create awareness in the society and convey a strong message to the community regarding Tuberculosis. It is believed that

such programs convey the message more effectively. It's time we all must put efforts to stop the Tuberculosis. The entire event was organized by Dr Shashidhara Y N, HOD and faculty of Department of Community Health Nursing, MCON MAHE and under the guidance of Dr Anice George Dean MCON Manipal. The event was supported by Mr Sudesh Shetty from Mantra Tourism Development Company, Malpe.

### World Health Day

MCON, MAHE, Manipal, in association with District administration, Zilla Panchayat, District Health and Family Welfare, National Health Mission, District Surveillance Office (NCD Unit), District Hospital, Udupi organized World Health Day 2019, on April 5, 2019 at MCON. The program began with an invocation by Ms Saraswathi Hebbar, Asst Lecturer, MSON, Manipal followed by a welcome address by Dr Shashidhara Y N, HoD, Dept of Community Health Nursing. The program was inaugurated by the Chief Guest Dr Om Prakash Kattimani, District Health Officer, Udupi. After the inaugural program, he addressed the audience regarding the community people who are not aware of all the services and treatment modalities available for the prevention and control of common communicable and non-communicable diseases which are responsible for causing morbidity, mortality and economic burden to the nation. He emphasized that the community should be made aware about the services and the treatment available for free of cost at the government level, by the health care providers at the periphery such as ASHAs and Anganwadi workers. Dr Anice George, Dean, MCON, in her presidential address felt that each and every member of the health team from different sectors have an important role in delivering the care and services to the community towards creating health awareness and promoting the health for all in the Udupi District. Following this, an oath on Swachatha Abhiyaan and election were carried out. Dr Surendra Chimbalkar P, District Leprosy officer provided detailed information on various services under Ayushman Bharat and Aarogya Karnataka program. The overview of non-communicable diseases was provided by Dr Vasudeva, District Surveillance Officer (NCD Unit), District Hospital, Udupi which was followed by a skit to create awareness on non-communicable diseases by City College of Nursing students. A total of 100 participants

benefitted out of the program. The participants of the program comprised of Junior Female Health Assistants, Anganwadi Teachers, ASHA workers and self-help group, faculty from the organizing team. The program came to an end by a vote of thanks by Mrs Vijaya Bai, District IEC Coordinator, Udupi.



### Camp:

As a part of World Health Day 2019, another event, the cervical cancer screening camp was organized on April 7, 2019 at Anganwadi, Nehru Nagar, Saralabettu, Manipal by the Dept. of Community Health Nursing, MCON, MAHE, Manipal in association with the Dept. of Community Medicine, KMC, Manipal. The camp was started at 9.30 am. The Pap smear screening was performed for 13 women. Height, weight and blood pressure of the participants were recorded. The significance of breast self-examination also was emphasized during the camp. The means of communication of the test report and the treatment for the same was informed to the participants. The Pap smear screening was performed by the Health team from the Department of Community Medicine.

# 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 and the Indian Nursing Council (INC).

The Department provides student-centered teaching and learning in conducive atmosphere that helps the students to gain confidence in their nursing knowledge and skills. The Department is concerned with training the students in developing the knowledge and skills required to respond to health care needs of infants and children and their family in a variety of settings. Importance is given to the evidence based practice and safeguarding the health of 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 post graduate students to provide nursing care to children
- To organize continuing nursing education for the department faculty
- To conduct research in the area of child health
- To conduct awareness program on health related topics at various settings

## Research activities

- Self-perception of readiness for clinical practice, transitional experience of work place, perceived stress and role adjustment, among novice staff nurses of Karnataka, India
- Perception of nursing student towards clinical learning environment of pediatric nursing practice in selected nursing college of Udupi District

## Activities carried out

- Departmental CNE-10
- Research ongoing-2
- Research completed-2
- Publication details-11
- Workshop and CNE conducted-1
- Conference presentations-4
- Innovation-1
- Outreach programs-4

## Details of research grants:

No of grants applied: 8

No of grants received: 2

## International Presentation/Resource Person

- Dr Anice George was the resource person under Endowment Chair (Professorship) Manikaka

Topawala Institute of Nursing, Gujarat from October 15–16, 2018.

- Dr Anice George was the keynote speaker on the Sub Theme “Global standards for Nursing Education” during XXVII TNAI Boemmoal (76<sup>th</sup>) Conference 2018 – Received Certificate of Appreciation from Trained Nurses’ Association of India (TNAI), New Delhi, in 2018.
- Dr Anice George was the resource person at International Nursing Conference on ‘Is our Nursing Practice Evidence Based?’ A Review of Essential Skills in Healthcare and Nursing Education’ at KLE Institute of Nursing Sciences, Belagavi on November 23-24, 2018.
- Dr Mamatha S Pai was the resource person for the Workshop on ‘Objective Structured Clinical Examination’ on the Topic: OSCE–An overview held at MCON, Manipal on November 2, 2018.
- Dr Baby S Nayak was the resource person for a session ‘Formulating a Search Strategy’ during the Workshop on Systematic Reviews and Meta-Analysis from October 4-5, 2018 at MCON, Manipal.
- Dr Baby S Nayak was the resource person for Continuing Nursing Education on ‘Advanced Leadership Course’ for staff nurses at Al Salam International Hospital on October 27 to November 1, 2018.
- Dr Baby S Nayak has presented a paper in International conference in collaboration with JHPIEGO (Endorsed by International Council of Nurses) on Nurses and Midwives for Universal Health Coverage, on the topic ‘Development and Implementation of a mHealth based Preterm Home Care Program (mHealth PHCP)’ from November 29 to December 1, 2018 at Indian Nursing Council, New Delhi, India.
- Dr Baby S Nayak was a resource person for the Developmental Supportive Care workshop on the topic ‘Family centered care’ organized at MCON Manipal on December 8, 2018.
- Dr Baby S Nayak was a resource person for the Workshop on Systematic Review and Meta-Analysis held at KAHER, Belgavi on April 10 and 11, 2019.
- Dr Baby S Nayak was a resource person for deliberating on the topic ‘Mixed Method research Design’ in the Workshop on Research Methodology and Statistics organized by MCON, Manipal on March 28, 2019.
- Mrs Sangeetha Priyadarshini has presented a paper

in ‘KARPEDICON 2018- 37th Annual Karnataka State Conference on the topic ‘Study on child abuse among school children: A cross sectional study’ on October 12 to 14, 2018 at Dharwad.

- Mrs Binu Margaret was a resource person for the Developmental Supportive Care workshop on the topic ‘Understanding Preterm Infant Behavior’ organized at MCON Manipal on December 8, 2018.
- Mrs Yashoda was a resource person for the Developmental Supportive Care workshop on the topic ‘Developmental supportive care activities’ organized at MCON Manipal on December 8, 2018.
- Dr Mamatha S Pai was the resource person for the session on qualitative research designs at the state level Workshop on ‘Research Methodology: Current Scenario and Opportunities’ on March 29, 2019.
- Dr Mamatha S Pai was the resource person for the session on qualitative research designs during the workshop on Research methodology and Statistics organized by MCON Manipal on March 28, 2019.
- Dr Mamatha S Pai presented a Research paper titled ‘Maternal characteristics of children admitted in surgical ward’ during the 28th Annual APSNA Scientific Conference on May 18-19, 2019 at Boston Marriott Copley, Boston, USA.
- Ms Tenzin Phagdol, PhD scholar presented a poster titled ‘mHealth application (NeoRaksha) for Preterm Home Care–Usability study’ and won the best poster award during the 21st Annual State Conference of NNF Karnataka (KARNEOCON 2019) held on January 6, 2019 at Vijayapura.

#### **Awards/Recognitions**

- Dr Mamatha S Pai was awarded the Most Accomplished Faculty Award for the year 2017-2018 and for earning above 10 points for publication in Scopus indexed journal for the year 2018.
- Mrs Sheela Shetty was awarded ‘Good teacher award’ for the year 2017-2018.
- Mrs Binu Margaret was awarded for earning above 10 points for publication in Scopus indexed journal for the year 2018.

#### **Highlight of Activities during July 2018 to June 2019 World Breastfeeding Week Celebration 2018**

The Department of Child Health Nursing, Obstetrics and Gynaecological (OBG) Nursing and Community Health Nursing, Manipal College of Nursing (MCON) Manipal,



Manipal Academy of Higher Education observed 'World Breastfeeding Week' from August 1 to 7, 2018 on the theme 'Breastfeeding: Foundation of Life and Nourishment for Life'.



Breastfeeding Promotion Network of India (BPNI) calls for action to raise the level of awareness among people on the theme 'Breastfeeding: Foundation of Life and Nourishment for Life' and focused on achieving the Sustainable Development Goals (SDGs) through improvements in breastfeeding which would help to achieve the targets for health, food security, education, equity, development and the environment. Keeping this in mind and to raise awareness regarding the importance of breastfeeding, numbers of activities were organized for the nurses, ASHA workers, postnatal mothers, and family members and the public by the faculty members and students of MCON Manipal.

✓ *Activity I: Awareness among the community*

To galvanize support and to sensitize on how breastfeeding is linked with foundation as well as nourishment of life and the nutrition issues in the community, the Department of Community Health Nursing, MCON Manipal, MAHE and the Sub-centre Madaga, Athrady jointly conducted an awareness program on 'Breastfeeding' at Madaga Anganawadi Centre for 40 women and ASHA workers on August 7, 2018 from 11.30 am to 1.00 pm.



To create awareness regarding 'Breastfeeding and its importance', Department of Community Health Nursing and the Primary Health Centre Hirebettu jointly organized an awareness program for 36 ASHA workers and the mothers at Hirebettu Anganwadi, on 2nd and 4th August 2018. Dr Subhramanyam, Medical Officer, Hirebettu explained about the significance of observing World Breastfeeding Week.



✓ *Activity II: Educating the health care professionals*

To strengthen the nurses on counselling the mothers at health facilities regarding breastfeeding and to emphasize how breastfeeding is linked with foundation as well as nourishment for life, a training program on 'Lactation counselling and

Complementary feeding' was conducted for 23 staff nurses of Kasturba Hospital, Manipal.



✓ *Activity III: Awareness program on 'Breastfeeding' for mothers and caregivers*

An interactive health education session on 'Breast feeding, positioning technique and its importance' to the mothers and caregivers of newborns admitted in NICU and postnatal wards of Kasturba Hospital, Manipal was conducted from August 2 to 7, 2018.



✓ *Activity IV: Lactation counselling*

Lactational counselling was given to 15 postnatal mothers in OBG OPD, Kasturba Hospital, Manipal and Dr TMA Pai Hospital, Udupi.

✓ *Activity V: Talk in Radio FM-90.4*



To promote awareness among the public and launch a call for action to reach out to the policy makers, program managers and media, a community awareness through a radio talk was delivered by 2nd Year MSc Nursing students from the Department of Obstetrics and Gynaecological Nursing, MCON Manipal on the theme 'Breast feeding: Foundation of life and Nourishment for life.'

✓ *Activity VI: Opinion of employed mothers on Maternity Benefit Act and expressing breast milk*

To understand the awareness of employed mothers on Maternity Benefit Act and expressing breast milk, an opinion was taken from the few employed mothers in the community regarding the Maternity Benefit Act and expressing breast milk.

✓ *Activity VI: Community awareness through social media*

To launch a call for action and to reach out to the policy makers, program managers and media and to bring awareness among the public, the 'Breast feeding Week Celebration of Manipal College of Nursing' was published in 'Udayavani' English, Times of India and Daily hunt online daily newspaper on August 13 and 14, 2018.

**Health Awareness Program**

An outreach program on the topic 'Adolescent-Issues and Concerns' was organized at Govt. Primary School, Hanumantha Nagara, Udupi in collaboration with Bharathiya Vikas Trust (BVT) on September 21, 2018.



**Overseas Immersion Program (OIP) of Ngee Ann Polytechnic Singapore**

As a part of Overseas Immersion Program (OIP), 43 students and 3 faculty members (Mrs Sivaneswary Palanibilo, Ms Sahlawati Binte Abu Bakar and Mr Ismail Maideen) of Ngee Ann Polytechnic, Singapore visited MCON, Manipal, MAHE from September 16 to October 6, 2018.



**Children’s Day Celebration**

The faculty, third year BSc Nursing (31 students) and first year PBBSc Nursing (12 students) of Department of Child Health Nursing, MCON, Manipal organized children’s day program on November 2 and 13, 2018 at Academy School, Manipal and Asha Nilaya, a home for the mentally challenged children, Udupi respectively.





### ***At Academy School Manipal***

The students of third year BSc Nursing organized various games for the children from class 1 to 5 such as running race, book balance race, balloon bursting and bomb in the city. The formal program started with invocation and welcome address. The students of MCON performed dance and action song involving the students of Academy school. As part of awareness program, health teaching on immunization and personal hygiene was delivered using the charts and demonstration of hygienic technique. The prizes for the winners in games were distributed. Mrs Laxmi, the head teacher of the school addressed the gathering and appreciated the program. The program came to an end with the distribution of sweets to the school children and teachers. The program was attended by 75 children and 3 teachers. Ms Reshal, III year BSc student compered the program.

various hygienic techniques. The prizes for the winners in games were distributed. Mrs Jaya Vijaya, the head teacher of the school addressed the students and expressed her gratitude for spending time and celebrating children's day with the special children. Sweets were distributed to the children and teachers. Mr Sumanth, student of I year PBBSc Nursing compered the program.



### **Workshop on Developmental Supportive care (DSC)**

Workshop on Developmental Supportive Care was organized on December 8, 2018 at MCON Manipal. The objectives of the workshop were to understand the concepts of DSC, appreciate the activities of DSC and preterm behaviours. The workshop was formally inaugurated by Dr Leslie E Lewis, Professor and Unit head of Neonatology, KMC, Manipal who emphasized the importance of DSC in Neonatal Care.



The overview of the workshop was given by Dr Mamatha Shivananda Pai, Professor and Head, Department of Child Health Nursing, MCON, Manipal.

The sessions covered in the workshop were: An overview of DSC by Dr Leslie E Lewis, a session on understanding of preterm behaviour was delivered by Mrs Binu Margaret E. Importance of early intervention and follow up care was dealt by Dr Bhamini K Rao, Professor, Dept of Physiotherapy, SOAHS Manipal. Dr Baby S Nayak briefed about Family centred Care and a session on Developmental Supportive care activities was taken by Mrs Yashoda Sathish.



### ***At Asha Nilaya***

First year PBBSc Nursing students organized various games for 60 mentally challenged children of Asha Nilaya such as running race, bomb in the city and passing the ball. The formal program started with prayer song and welcome address. The students of MCON performed non-classical dance and action song. Health teaching on personal hygiene was delivered by demonstrating the



### **Awareness program for mothers of under-5 children**

As part of Nurses' Week 2019, an awareness program for mothers of under-5 children on the theme: 'A voice to lead – Health for All: Empower mothers for healthy family' was conducted on May 07, 2019. The workshop was attended by 30 mothers employed in the Department of Environmental Assistance (Class IV workers, MAHE, Manipal). Mrs Edlin provided a detailed description on care of children and Mrs Sheela Shetty emphasized on childhood injuries and its prevention.

A total of 46 participants including the staff nurses, faculty and students from Manipal, Udupi, Mangalore and Davanagere attended the workshop.

### **International Childhood Cancer day -2019**

International Childhood Cancer day was observed by the Department of Child Health Nursing on February 15, 2019. The theme for the year 2019 given by ICCPO was 'No more pain and no more loss'. As a part of this, a poster competition was held on the theme. A total of nine posters were displayed in the ground floor of MCON. Dr Sowmya Shashidhar, Assistant Professor, Dept of Paediatrics, Kasturba Hospital Manipal and Mrs Sheela Shetty, Assistant Professor, MCON Manipal evaluated the posters. First prize was bagged by Mrs Edlin Glane Mathias and Ms Anupama from MCON Manipal. Second prize was bagged by Mrs Shreekripa and Ms Rechal Nisha D'Souza from SOAHS, Manipal.



Mrs Sangeetha Priyadarshini expounded on child abuse and its prevention, ways to differentiate between good



touch and bad touch and highlighted the importance of spending time with talking to the children at home. Mrs Anjalin D'Souza, conducted the interactive session with mothers, elicited the feedback from them and thanked them for attending and participating in the program.



**School health program**

To promote the health awareness among the primary school students, the III year BSc Nursing students of Manipal College of Nursing Manipal, MAHE, Manipal organized health awareness program among three different groups. The purpose of the program was to sensitize students about personal hygiene, immunization and balanced diet. Various activities like informative talks using charts and role-play were organized to create awareness on health related matters among children.



The first group, which dealt on personal hygiene emphasized on various hygienic practices, the second group dealt on immunization of children at different ages, and the third group highlighted on balanced diet and its importance, sources of carbohydrate, protein, fat, minerals and vitamins in children. All the sessions were informative and interactive.

Date	No. of students	Topic	No. of participants
September 7, 2018	32	Personal hygiene & immunization	28 students of 3 <sup>rd</sup> & 4 <sup>th</sup> Std
November 3, 2018	32		
February 5, 2019	32	Balanced diet	45 students of 3 <sup>rd</sup> , 4 <sup>th</sup> & 5 <sup>th</sup> Std

All the students actively participated in the program. Mrs. Sheela Shetty, Assistant Professor, MCON, Manipal coordinated the program. Mrs.Laxmi, Head Mistress of the school was supportive throughout the programme and appreciated the activities.



**OSCE**



# Department of Obstetrical and Gynaecological Nursing



**Left to right:** Dr Sushmitha R Karkada, Dr Maria Pais, Dr Judith A Noronha, Mrs Pratibha, Dr Sonia RB D'Souza, Mrs Shobha, Mrs Sweety F, Mrs Ranjini

## **About the department:**

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

## **Objectives**

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

- To approve dissertation topics of MSc (N) and MPhil (N) students (will be done by all PG faculties).
- To approve the PhD proposals of the faculty of MCON Manipal.

## **Research activities**

- A study to assess functional assessment, quality of life, cancer fatigue and lived experiences of cervical cancer patients undergoing sensitization chemotherapy admitted to a tertiary level hospital of Udupi District, Karnataka-A Mixed Method Research
- A cross-sectional study to assess the knowledge and dietary intake of macronutrients and micronutrients during first trimester among antenatal mothers attending antenatal clinic in selected hospitals of Udupi District.
- A systematic review on intake of macronutrients and micronutrients among antenatal mothers in first trimester in India.

## **Activities carried out**

- Departmental CNE: 12
- Research ongoing: 03
- Research completed: 02
- Publication details: 03

- Workshop and CNE conducted: Workshop 1 + CNE 1
- Conference presentations:
- Innovation: 01 (SJF)
- Outreach programs: 02

#### **Details of research grants:**

No. of grants applied: 17

No. of grants received: 2

#### **International Presentation/Resource Person**

- Dr Judith Angelitta Noronha presented a paper in the 12th Biennial Conference of the Global Network of WHO Collaborating Centers for Nursing and Midwifery on the topic 'Maternal Health Care In India: Challenges and opportunities' on July 18 and 19, 2018 at Cairns, Australia.
- Dr Judith Angelitta Noronha presented a paper in Summer School-2018 on the topic Evidence Based Nursing Practice from July 23 to 28, 2018 at MAHE, Manipal
- Dr Judith Angelitta Noronha was the resource person in Advanced Leadership Course on the topic 'Leadership, Conflict Management, Stress management, Quality Improvement and Nursing Audit, Ethics, Financial management' from October 27 to November 1, 2018 at Al Salam International Hospital, Kuwait.
- Dr Judith Angelitta Noronha was the Chairperson for scientific research presentations on Manipal research Colloquim from April 1 to 3, 2019 at MAHE, Manipal.
- Dr Judith Angelitta Noronha was the resource person for the workshop on Systematic Review and Meta-analysis held from April 10 to 11, 2019 at KLE, Belgaum.
- Dr Judith Angelitta Noronha was the Faculty coordinator for externship in clinical, teaching and research topics for Kabul University of Medical Sciences from April 15 to 30, 2019 at MAHE, Manipal.
- Dr Judith Angelitta Noronha was the Moderator for the Oration in memory of late Dr Aparna Bhaduri, Post graduate Coordinator, on April 30, 2019 at Manipal.
- Dr Sonia RB D'Souza presented a paper in the workshop on 'Thermal protection of preterm

infants' on the topic 'Heat loss in preterms and nursing implications' on November 16, 2018 at MCON Manipal.

- Dr Sonia RB D'Souza was the resource person for the workshop on 'Objective Structured Clinical Examination- OSCE' on the topic 'Evaluation of OSCE' on November 2, 2018 at MCON, Manipal.
- Dr Sonia RB D'Souza was the resource person for the workshop on Intensive Care of Newborn- Challenges and Solutions' on the topic 'Fetal and Neonatal screening' and 'Neonatal Seizures' on March 23, 2019 at Sri Gokulam College of Nursing, Salem, TamilNadu.
- Dr Sonia RB D'Souza was the resource person for the workshop on 'Research Methodology and Statistics' on the topic 'Data collection Techniques and Methods' and 'Data collection Instruments- Validity and Reliability' on March 28-30, 2019 at Manipal.
- Dr Sonia RB D'Souza was the resource person for the workshop on 'Midwifery Simulation and skills- Leading the way with quality care' on the topic 'Simulation in Midwifery: Nursing Perspective' on April 30, 2019 at Yenepoya Nursing College, Yenepoya-Deemed to be University, Deralakatte, Mangaluru.
- Dr Maria Pais presented a paper at International Conference on Nurses and Midwives for Universal Health Coverage on the topic 'Randomized control study on effectiveness of yoga on pregnancy outcome' from November 29 to December 1, 2018 at Eros Hotel, New Delhi, India.
- Dr Maria Pais was the resource person on the topic 'Adolescent health' in Milagres College Kallianpur on February 15, 2019.
- Mrs Prathibha and Mrs Sweety J Fernandes were the resource persons during International Women's day held at Ajjarkad Women's College on March 29, 2019.

#### **Awards/Recognitions**

- Mrs Pratibha and Mrs Ranjani P won best poster award on the topic 'Care of Preterm baby' at Newborn week celebration held on November 21, 2019 at MCON, Manipal.
- Dr Sonia RB D'Souza won the Best Paper award in International Conference on Public Health:



A Workforce for Countdown 2030 on the topic 'Intimate Partner Violence (IPV) during pregnancy and neonatal outcome: A systematic review' on February 14-16, 2019 at Manikaka Topawala Institute of Nursing (MTIN)—a constituent of Charotar University of Science and Technology, Charusat, Anand, Gujarat.

- Dr Sonia RB D'Souza was awarded for 'Maximum number of publications in Scopus indexed journals – 2018' during Awards and Annual day celebration held on February 01, 2019 at MCON, Manipal.

### **Highlight of Activities during July 2018 to June 2019 New-born Week Celebration November 15 to 21, 2018**

The Department of Obstetrics and Gynaecological (OBG) Nursing and the Department of Child Health Nursing, MCON, MAHE, Manipal observed the 'New-born Week' from November 15 to 21, 2018 based on the theme 'Preterm Birth'. The aim of celebrating the 'New-born Week' is to generate responsiveness among health care professionals and the common public towards newborn care and propose measures to improve the quality of care provided to the new-borns. Keeping this in mind, this year's 'Newborn Week' theme focused on 'Preterm Birth'.

Based on this year's theme for the 'New-born Week', a number of activities were organized by Departments of OBG Nursing and Child Health Nursing, MCON, MAHE for the health care personnel of Kasturba Hospital, Manipal and the students as well as the teaching staff of MCON. Awareness programs were also conducted for the postnatal mothers of preterm infants and their caregivers as part of the new-born week celebrations held from November 15 to 21, 2018.

#### **The activities planned and conducted were as follows:**

##### ***Activity 1: Workshop on 'Thermal Protection for Preterms' for the health care professionals, teaching staff and students***

To sensitize as well as to enhance awareness regarding the theme, a workshop on 'Thermal Protection of preterms' was conducted for the health care professionals i.e., staff nurses, the teaching staff and students of MCON, MAHE on November 16, 2018.

Dr Leslie E S Lewis, Professor Paediatrics, Kasturba Medical College, MAHE and in charge of Neonatal

Intensive Care Unit (NICU), Kasturba Hospital, Manipal who was the chief guest of the New-born week celebrations discussed the importance of the theme. He spoke extensively on how quality care can be provided for preterm infants who are at risk of several neurodevelopmental problems. He stressed on the WHO endorsed requirements for minimizing the effects of preterm birth that includes antenatal steroids, neuroprophylaxis, maintenance of warm chain and Kangaroo Mother Care.



Further, he spoke on the importance of the golden minute for preterm care. He also emphasized that to prevent preterm births from occurring, there is a huge need to empower females to adopt birth spacing, use of contraception and adopting healthy lifestyle practices. His talk focused on maintenance of warm chain and the requirement of maintaining a warm chain in caring for preterm infants. He emphasized how a simple mechanism like maintenance of warm chain could prevent many complications that could occur due to heat loss. He also explained the different types of heat loss that could occur in preterm infants and how health professionals caring for preterm infants could minimize heat loss in these vulnerable infants. His talk was also focused on provision of intermediate care for preterm infants who were born at 32 weeks to 36 weeks and how thermoregulation is one of the most important aspects of care for babies born preterm.

The second session of the workshop was on 'Radiant warmer care for preterms' and it was dealt by Dr Jayashree Purkayastha, Associate Professor of Dept. of Paediatrics, Kasturba Medical College, MAHE. The third session of the workshop was on 'Incubator care

for preterms' and was deliberated upon by Dr Apurv Barche, Assistant Professor, Dept. of Paediatrics, Kasturba Medical College, MAHE. Transporting infants who are born preterm should also be done meticulously and this was deliberated upon by Dr Sneha J, Senior Resident, Dept. of Paediatrics, Kasturba Medical College, MAHE who supplemented the previous speaker's thoughts. A session on transporting preterm infants using technologically enhanced products like 'Embrace – warm pack' was dealt by Dr Gaurav Aiyappa, Senior Resident, Dept. of Paediatrics, Kasturba Medical College, MAHE. He explained regarding the working principle of 'Embrace – warm pack', the uses and benefits of using 'Embrace – warm pack' in preterm infants as well as the advantages of using this particular product for short distance transport of preterm infants. He also stressed that this product is increasingly used by many referral units as an easy to use transport system for stable preterm infants and why health care personnel need to know regarding this product.

**Activity 2: Sensitization program on 'Preterm birth and Kangaroo Mother Care (KMC) for preterms' for the health care professionals**

To sensitize the health care professionals regarding the theme 'Preterm Birth' as well as to make them aware regarding various aspects of preterm infant care, a workshop on 'Kangaroo Mother Care' was organized by the Department of Paediatrics KMC Attavara, Mangalore on November 19, 2018. Mrs Yashoda Sathish, Assistant Professor, Department of Child Health Nursing, MCON, MAHE Manipal, discussed the importance of the theme for the growth of India. She stressed on the importance of empowerment of mothers for a better outcome of preterm infants. The total of 30 staff nurses from Maternity and Child Health unit of Attavar, KMC, Jyothi, KMC Mangalore and Lady Goschen Government Hospital, Mangalore participated in the sensitization program.

**Activity 3: Poster competition on the theme 'Preterm Birth'**

A poster competition based on the theme 'Preterm Birth' was conducted on November 20, 2018 from 10:00 am to 12:00 pm. Twelve posters based on the theme 'Preterm Birth' were displayed for public display in MCON, MAHE. The posters displayed the various

aspects of preterm birth and the care of preterm infants. A total of fourteen staffs and five students participated in the competition. The posters were evaluated for their clarity, organization appropriateness and relevance to the theme 'Preterm Birth' by Mrs Shalini, Nurse Educator of Kasturba Hospital, Manipal and by Dr Melita Shelini, Assistant Professor, Medical Surgical Nursing Department, MCON, Manipal. The best two of the twelve posters were awarded.



**Activity 4: Awareness program on 'Preterm birth and care of preterms' for the postnatal mothers and their caregivers**

An interactive health education session on various aspects of caring for preterms as well as an awareness program on the theme 'Preterm birth' was conducted for the postnatal mothers/caregivers whose preterm infants were admitted to the Neonatal Intensive Care Unit and who were admitted to the postnatal wards of KH Hospital, Manipal. These awareness programs were held on 20 as well as on 21 November 2018 and were executed by Mrs Yashoda Sathish, Assistant Professor, Department of Child Health Nursing, and Mrs Shobha Nayak, Lecturer, Department of OBG Nursing.



A total of 37 postnatal mothers/their caregivers/their family members actively participated in these sessions. Concerns of the mothers were clarified during the sessions. Sessions were appreciated by the postnatal mothers/their caregivers/their family members.

### **International Women's Day-2019**

The faculty members and the postgraduate students of Department of OBG Nursing, MCON, MAHE, Manipal organized various programs as part of the International Women's Day 2019.

On March 6, 2019, an awareness program was conducted for a total of 120 postgraduate students of Dr G Shankar First Degree Women's College Ajjarkad Udupi by Mrs Pratibha Kamath and Mrs Sweety Fernandes, on the topics Health Resources for Adolescents, Early Pregnancy and Family Planning Methods.



A poster competition on the theme 'Balance for Better' was held on March 7, 2019 at MCON MAHE, Manipal. A total of 24 posters were presented and the first best poster was bagged by Ms Ruffi Shaikh, Prasanna School of Public Health, Manipal, the second best poster was bagged by Ms Princia and Ms Shaila, 2nd year Post Basic BSc Nursing Students of MCON Manipal.



An outreach program was held on March 8, 2019 at Dr G Shankar First Degree Women's College, Ajjarkad, Udupi. Mrs Jayamangala, Convenor of Sexual Harassment committee of Dr G Shankar First Degree Women's College Ajjarkad, Udupi welcomed the gathering. The program was presided by the speech of Principal of the college, Dr Bhaskar Shetty who highlighted the importance of women in the present scenario; he emphasized women's need to take a stand for showing their power. Mr N M Hegde, Lions Club Sub-Governor Udupi District also spoke on the occasion stressing the significance of women's role in the society. Mr Ravindra Acharya, President Lions Club Udupi, Dr Sonia RB D'Souza, Professor, OBG (N) Department, MCON MAHE, Manipal were also present.



Dr Ashwathy Kumaran, Associate Prof, OBG Department, Kasturba Hospital Manipal spoke on the topic 'Stress management and health issues in adolescence'. There were 150 postgraduate students.

### **International Day of the Midwife 2019**

International Day of the Midwife was celebrated on the theme 'Midwives: Defenders of Women's Rights' by postgraduate students (OBG nursing) and the faculty members of Department of Obstetrics and Gynaecological Nursing. The International day of the Midwife was observed to recall the midwives contributions in fighting patriarchy, inequality and standing up for the rights of women to receive respectful maternity care.

To promote awareness on reproductive health, health talks on Breast self-examination, antenatal exercises and postnatal exercises were conducted by II year MSc (OBG Nursing) students at Rural Maternity and Child Welfare centres at Alevoor, Kapu and Malpe

from May 6 to 8, 2019. A total of 36 women were benefited from this program.



The resource person for the awareness session conducted for the nurses and midwives of Kasturba Hospital Manipal on May 10, 2019 was Mrs Mary Anne Ranjini Sreshta, Advocate and Public Notary from Udupi. She highlighted on Women's right and shared her experiences and views related to various acts that benefits women especially at their workplace. She also advocated ways in which women can defend, protect themselves and stand up for their rights in the society.



The postgraduate students also took sessions on standing orders of Obstetric drugs given during the antenatal, intranatal and postnatal period for women, for nurses and midwives working in Women and Child block of Kasturba Hospital Manipal. A total of 25 nurses and midwives participated in the awareness program. The faculty co-ordinators were Dr Maria Pais and Dr Sushmitha Karkada.



# Department of Psychiatric (Mental Health) Nursing



**Left to right:** Mrs Asha K Nayak, Mrs Rochelle Jane DSa, 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. The faculty and students of the department continuously intervene and rehabilitate persons with mental health issues and their families. It uses theories of human behavior as its scientific framework and requires the use of the self as its art or expression in nursing practice.

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

The Department is also committed to provide opportunities for professional growth, including a fully individualized orientation, support for participation in professional development activities and various in-service programs for the faculty.

## **Objectives**

- To enhance the learning of undergraduate and post graduate students in the class room and clinical area

- To provide need based care to the mentally challenged 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 program

## **Research activities**

- A descriptive survey to determine the student nurses' perception on mental health clinical placement, confidence and stigma on mental illness in a selected college of nursing, Udupi district -A Collaborative study with University of Wollongong, Australia
- Lived experience of mothers having children with intellectual disability-A phenomenological study
- Codependency, quality of life and mental health problems in wives of alcohol dependence in a selected hospital of Udupi District, Karnataka

## **Activities carried out**

- Departmental CNE: 12
- Research ongoing: 02
- Research completed: 02
- Publication details: 12

- Workshop and CNE conducted: 1
- Conference presentations: 1
- Outreach programs: 03

**Details of research grants:**

No. of grants applied: 04

**International Presentation/Resource Person**

- Mrs Savitha was a resource person for the topic ‘Factors leading to suicide and its prevention among adolescents’ at the World Suicide Prevention Day held at Government Composite High school, Rajeev Nagar on September 12, 2018.
- Mrs Savitha was a resource person for the topic ‘Managing stress and finding the ways to develop coping strategies to reduce the stress’ at the World Mental Health Day held at Dr G Shankar Government Women’s First Grade College and Postgraduate Center, Ajjarkad, Udupi on October 10, 2018.
- Mr Binil V was a resource person for the topic ‘Aggression Management’ for the CNE held at Dr A V Baliga Memorial Hospital, Doddanagudde on February 20, 2019.
- Mr Binil V was a resource person for the topic ‘Nurses: A voice to lead’ at the International Nurses Day Seminar held at MCON, Manipal on May 11, 2019.

**Awards/Recognitions:**

- Mrs Savitha and Mr Binil won third best poster award prize in the poster competition held on the theme in view of the International Women’s Day.

**Highlight of Activities during July 2018 to June 2019**

**World Suicide Prevention Day**

Every year the International Association for Suicide Prevention (IASP) and the World Health Organization (WHO) observe World Suicide Prevention day. Suicide prevention remains a universal challenge. Every year, suicide is among the top 20 leading causes of death globally for people of all ages. It is responsible for over 800,000 deaths, which equates to one suicide every 40 seconds. For every suicide, 25 people make a suicide attempt and many more have serious thoughts of suicide. Preventing suicide is often possible and each of us is a key player in its prevention.

The theme for the year 2018 was ‘Working Together to Prevent Suicide.’ The theme highlights the most

essential ingredient for effective global suicide prevention- collaboration. Everyone can make a contribution in preventing suicide. In order to generate awareness regarding this aspect, the World Suicide Prevention Day 2018 was observed at Government Composite High school, Rajeev Nagar on September 12, 2018 between 2.30 pm to 4.00 pm for 40 students by the faculty, Department of Psychiatric Nursing and students of second year Post Basic BSc Nursing, MCON Manipal. The gathering was welcomed and the theme was introduced by Ms Princia Stephny D’Souza, second year Post Basic BSc Nursing student.



Mrs Savitha, Assistant Professor, Department of Psychiatric Nursing, spoke on factors leading to suicide and its prevention among adolescents. A role-play based on the theme was enacted. It was well appreciated by all and was followed by a video presentation regarding the same.



The Head Master of the school Mr Balakrishna expressed his gratitude and appreciated the efforts taken by the faculty and students of MCON, Manipal.

**World Alzheimer’s Day**

September 21 of each year, is celebrated as World Alzheimer’s Day, on which Alzheimer’s organizations around the world concentrate their efforts on raising awareness about Alzheimer’s disease and dementia. Alzheimer’s disease is the most common type of dementia. It is substantially increased among people

aged 65 years or more, with a progressive decline in memory, thinking, language and learning capacity. It is estimated that every three seconds, someone in the world develops dementia. The number of people living with dementia around the world is expected to almost double every 20 years, reaching 131.5 million people by 2050.

The World Alzheimer's Day-2018 was observed at Terrier Training Centre, Kamath Circle Manipal, from September 24 to 27, 2018 between 8.00 am and 9.30 am. The program was organized by the faculty of Department of Psychiatric Nursing and the III year BSc Nursing students of MCON, Manipal.

The program was graced by active participation of security personnel from Terrier group. Ms Rochelle Jane D'sa, Lecturer, Dept of Psychiatric Nursing introduced the day's theme and enlightened the gathering on identification, treatment and prevention of Alzheimer's disease. She has emphasized that awareness about this degenerative and irreversible disorder is very important. In her speech, she highlighted on Alzheimer's disease, which is often called a family disease, because the chronic stress of watching a loved one's deterioration of cognitive function affects everyone. She emphasized that family, society and nation have important role in taking care of the loved ones, who are living with dementia.



Lt Col Nagesh, Manager, Terrier training centre, Kamath Circle, Manipal while speaking on this occasion stated that it is important that people should be made aware of the early symptoms of the Alzheimer's disease and remedial measures that can be taken in time. He appreciated the effort taken by faculty of Psychiatric Nursing department and students of MCON Manipal. Students enacted a role play on signs and symptoms and early identification of Alzheimer's disease, which was well appreciated by the audience. At the end, many of the audience clarified their doubts and concerns with regard to dementia and its prevention and care with the experts.



Dr Tessa Treasa Jose, Professor and Head, Department of Psychiatric Nursing preceded the program. Ms Vinslet Alisha Ferrao, 3rd Year BSc Nursing student was the master of ceremony.

### **World Mental Health Day**

Department of Psychiatric/Mental Health Nursing, MCON, Manipal along with postgraduate students conducted series of events in relation to World Mental Health Day in the month of October 2018.

World Mental Health Day was observed on 10 October every year, with the overall objectives of raising awareness of mental health issues and mobilizing efforts in support of better mental health. The theme of World Mental Health day 2018 was 'Young People and Mental Health in a Changing World.' Adolescence and the early years of adulthood are a time of life when many changes occur, for example changing schools, leaving home, and starting college, university or a new job. For many, these are exciting times and in some cases, it can be times of stress and apprehension. The increasing use of online technologies with many benefits has also brought additional pressure to this age group, however if not recognized and managed, these stresses can lead to mental illness.

The details of the events are as follows:

- ***Dr G Shankar Government Women's First Grade College and Postgraduate Center, Ajjarkad, Udupi***

A seminar was conducted at Dr G Shankar Government Women's First Grade College and Postgraduate Centre, Ajjarkad, Udupi. Ms Pooja Bakshi, 2nd year MSc Nursing student introduced the day's theme. In her speech, she emphasized on early recognition of mental illness and important role of students in the society in reducing the stigma related to mental illness. Mrs Savitha, Assistant Professor, Manipal College of Nursing Manipal enlightened the students on managing stress

and finding the ways to develop coping strategies to reduce the stress. Dr Vani Ballal, HOD, Department of Psychology, Dr G Shankar Government Women's First Grade College and Post Graduate Study Centre, Udupi gave the introductory speech. Professor Ramachandra Adiga G, Principal Dr G Shankar Government Women's First Grade College and Post Graduate Study Centre, Udupi while speaking on this occasion stated that it is important that people should be made aware of the early symptoms of the mental illness and role of students in creating a healthy society.



- ***Kasturba Hospital, Manipal***

Various programs were organized at Psychiatric ward on October 11, 2018. Dr Ravindra, Assistant Professor, Department of Psychiatry, Kasturba Hospital, Manipal was the chief guest for the official program. He addressed the patients and caregivers and created an awareness regarding adolescence mental health. Undergraduate and postgraduate students of MCON Manipal conducted games for patients and caregivers and prizes were distributed to the winners of the games.

- ***Hombelaku (Psychiatric Rehabilitation Centre)***

Faculty of Department of Psychiatric Nursing, MCON Manipal actively participated in various programs organized by multi-disciplinary rehabilitation team of Hombelaku from October 1, 2018 onwards. Competitions for inmates such as collage and Quiz were coordinated by nursing Faculty. Undergraduate nursing students encouraged the inmates who participated in outdoor games, athletics and cultural activities. Valedictory function and prize distribution were held on October 10, 2018.



### **CNE regarding Aggression Management and Drug Toxicity**

A Continuing Nursing Education (CNE) on Aggression Management and Drug Toxicity was organized by the Department of Mental Health (Psychiatric) Nursing, MCON Manipal on February 20, 2019 at Dr AV Baliga Memorial Hospital, Doddanagudde, Udupi. This CNE was conducted for the staff nurses and nursing students with a view to update their knowledge regarding how to care a patient with aggression and lithium toxicity.

A total of 60 participants attended the program. The group was welcomed by Ms Manisha Samanta, II year MSc Nursing student. The session on Aggression Management was dealt by Dr Binil V, Assistant Professor, Department of Mental Health Nursing, MCON. He explained regarding the different types of aggression and taught regarding its management. He emphasized on safe use of restraints.

The session was followed by the 'Demonstration of self-defence techniques' by the II year MSc Nursing students Ms Jagriti Niyogi and Ms Manisha Samanta narrated by Mrs Rochelle Jane D'sa, Lecturer, Department of Mental Health Nursing, MCON, Manipal.

Ms Pooja Bakshi, II year MSc Nursing student of MCON took an informative session regarding Management of a patient with lithium toxicity. Quiz was conducted by Ms Jagriti Niyogi to assess the understanding of the group on lithium toxicity. There was complete group participation from the participants. The group was thanked by Mrs Flavia Sharlet Noronha, Lecturer, Department of Mental Health Nursing, for their participation.



## Student Nurses Association 2018-19



**Bottom Row: Left to right:** Ms Jesly Anna James, Mrs Soumya Christabel, Dr Binil V, Ms Fatema Mohamed Fazal. **Row 2: Left to right:** Ms Sneha Thomas, Ms Danu Mary James, Mr Joe James, Ms Anisha Lukose Chacko, Ms Alisha Rani, Mr Jerry Biju, Ms Shalin Mathew, Ms Alena Saji, Ms Francel Manisha Lobo. **Row 3: Left to right:** Mr Alex Binu, Ms Julie Maria, Mr Sharan Kumar, Ms Issabel Issac, Mr Basil Sabu, Ms Tresa Rony, Ms Tenzin Nordon, Ms Rinsu Ann Rajan

**Advisor:** Dr Binil V

**Co Advisor:** Mrs Soumya Christabel

**President:** Ms Fatema Mohamed Hassanali Fazal

**Secretary:** Mr Jerry Biju

*“Alone we can do so little, together we can do so much.”*  
-Helen Keller

The Student Nurses' Association (SNA) aims to facilitate all-round development of nursing students. A wide variety of activities were encouraged at all levels for the students. The diversity of activities is derived from the professional, social, cultural, and recreational spheres to strengthen curricular and extra-curricular activities of the student nurses. In addition, the association also provides scholarship to the selected students at national level.

With the commitment to teamwork, the SNA 2018-19 initiated the responsibility with the motto, 'Space to learn, place to grow.' The students were divided into four groups; Samurai, Vikings, Knights and Spartans to participate in various competitions. The SNA had six committees to deliberate the activities and were guided by the Faculty advisor Dr Binil V and Co-advisor Mrs Soumya Christabel, presided by the student representative, Ms Fatema Mohamed Hassanali Fazal.

The activities were implemented as per the master plan. The SNA had organized regular general body meetings, executive meetings and cabinet meetings. The students had the opportunity to discuss their issues in an open forum in the presence of faculty members. The major events celebrated were Fresher's day, Independence Day, Onam, Teachers' day, Diwali, Christmas, Republic day and College annual day. The students actively participated in the cultural event IMPRINTZ, UTSAV and also for the annual sports meet.

The SNA also observed and organized activities during certain special days as suggested by University Grants Commission. This included plays on Mahatma Gandhi on August 14, 2018; awareness talk on banning junk food in colleges on September 05, 2018; observation of Surgical Strike Day on September 29, 2018; Rashtriya Ekta Diwas celebration on October 31, 2018; observation of National Youth Day on January 12, 2019; live telecast of 'Pariksha Pe Charcha' – an interaction of the Honourable Prime Minister of India with students, teachers and parents on January 29, 2019; observation of Matribhasha Diwas on February 21, 2019 and observation of anti-terrorism day on May 21, 2019. Many competitions were organized as part of these activities to encourage student participation.

### SNA Cabinet Members and Faculty Advisors–(2018-2019)

	Student	Faculty Advisor
<b>President</b>	Ms Fatema Mohamed Hassanali Fazal	<b>Advisor:</b> Dr Binil V <b>Co-advisor:</b> Mrs Soumya Christabel
<b>Vice President</b>	Ms Jesly Anna James	
<b>Secretary</b>	Mr Jerry Biju	
<b>Joint Secretary</b>	Ms Tresa Rony	
<b>Treasurer</b>	Mr Joe James	
<b>Joint Treasurer</b>	Mr Basil Sabu	
<b>Club Chairperson</b>	Ms Alisha Rani	<b>Advisor:</b> Mrs Shobha <b>Co-advisor:</b> Mr Jomon C U
<b>Club Secretary</b>	Ms Issabel Issac	
<b>Cultural Chairperson</b>	Ms Anisha Lukose Chacko	<b>Advisor:</b> Dr Elsa Sanatombi Devi <b>Co-advisor:</b> Mr Vinish V
<b>Cultural Secretary</b>	Ms Julia Maria	
<b>Sports Chairperson</b>	Ms Shalini Mathew	<b>Advisor:</b> Dr Malathi G Nayak <b>Co-advisor:</b> Dr Ramesh C
<b>Sports Secretary</b>	Mr Keerthan Kumar KR	
<b>Education Chairperson</b>	Ms Alena Saji	<b>Advisor:</b> Mrs Shalini G Nayak <b>Co-advisor:</b> Mrs Sweety J Fernandes
<b>Education Secretary</b>	Mr Tenzin Nordon	
<b>Health Social Welfare Chairperson</b>	Ms Danu Mary James	<b>Advisor:</b> Dr Latha T <b>Co-advisor:</b> Mrs Savitha
<b>Health Social Welfare Secretary</b>	Ms Rinsu Ann Rajan	
<b>Health Education Chairperson</b>	Ms Frinzel Manisha Lobo	<b>Advisor:</b> Mrs Asha K Nayak <b>Co-advisor:</b> Mrs Janet Prameela DSouza
<b>Health Education Secretary</b>	Mr Sharan Kumar	
<b>Judiciary Chairperson</b>	Ms Sneha Thomas	<b>Advisor:</b> Dr Anice George
<b>Judiciary Secretary</b>	Mr Alex Binu Chettiath	



## Cultural Committee



**Bottom row: Left to right:** Dr Elsa Sana Tombi, Ms Anisha L Chacko, Mr Vinish V, Ms Julie Maria  
**Row 2: Left to right:** Ms Pruthvi D Bore, Mr Philips Roy, Ms Ann Maria Sibychen, Ms Deepthi Suresh

**Advisor:** Dr Elsa Sanatombi Devi

**Co-advisor:** Mr Vinish V

**Chairperson:** Ms Anisha Lukose Chacko

**Secretary:** Ms Julie Maria

The cultural committee is one of the sources of merriment in a student's life. The entertainment is about taking people away from their regular routines and filling it with joy and relaxation. The cultural committee of the SNA was elected on May 2018. The cultural committee provides a platform for students to display their talents.

### ***The aim and objective of Cultural Committee 2018-19 were:***

1. To find out the hidden talents in the students of the college
2. To provide opportunities to expose the talents of the students
3. To build up creativity by planning various activities
4. To raise the student's confidence level by participating in different competitions
5. To improve the social relationship by involving in the upcoming intercollegiate events
6. To bring out leadership quality by organizing programs
7. To enhance personality development through active participation

8. To spread awareness about the cultural heritage of India
9. To impart the competitive spirit and teamwork among the students
10. To keep up the prestige of the college by quality performance

### ***The job responsibilities of the Cultural Committee 2018-19 were:***

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

### ***Events conducted:***

#### ***Role Play on 'Life of Mahatma Gandhi'***

MCON, MAHE organized a play on 'Life of Mahatma Gandhi' on August 14, 2018 from 3 pm to 4 pm, as directed by UGC. A total of 20 students took part in the play depicting the life of Mahatma Gandhi, which included the undergraduate and postgraduate students of MCON. Participants of the role play were felicitated by the Student Nurses Association (SNA) of MCON.

### ***Patriotic Group and Solo Singing Competition***

The patriotic group and solo singing competitions were conducted on August 14, 2018 from 3 pm to 4 pm in 2nd year BSc Nursing classroom, 1st floor of MCON building. There were four teams for the competition.

### ***Fresher's Day celebration***

The Fresher's day was conducted on August 24, 2018 in Dr TMA Pai Hall. Dr Anice George addressed the gathering by welcoming the fresher's to MCON, Manipal. Dance and a song performance were presented by the II and III year BSc (N) students. The IV year BSc (N) students conducted the game session for freshers'. The freshers' showcased their talents by doing amazing performances.

### ***Teacher's Day Celebration***

The Teacher's Day celebration was held on September 5, 2018 in Dr TMA Pai Hall. The Teachers Day message was given by Dr Judith A Norohna. The students of Second year BSc (N), First year BSc (N) and Second year MSc Nursing performed a song and dance dedicated to the teachers. Mr Binil had delivered speech on junk food. At the end, we ended the Teacher's day celebration with games conducted by Ms Julie.

### ***Floral Decoration and Onam Celebration***

The floral decoration competition was conducted on September 5, 2018 from 5 am to 7 am in the 2nd floor of MCON building in relation to Onam celebration. The Onam celebration was conducted on September 5, 2018 from 3:30 pm to 5:00 pm at Dr TMA Pai Hall, KMC (2nd floor). The program included Thiruvathira, Malayalee Manka and Kerala Sreeman. Malayalam Onam was sung by the fourth year students followed by a dance. The program ended with a tug of war which was won by the 1st year BSc (N) students.

### ***Annual Day Report***

Annual day was conducted on February 2, 2019. Students and teachers exhibited various entertainment

programs. Among students, there were solo classical dance, group classical dances, Karnataka folk dance-kangel, Tibetan folk dance, western group singing and Yakshagana. The teachers' entertainment program included group dance, group song and fashion show. The annual day programs were well appreciated by the faculties.

### ***Imprintz -2019***

Imprintz was conducted on November 12, 2018 from 7:00 am to 6:30 pm. It was started with Mime competition at 7:30 am followed by Inauguration at 8:00 am. Mrs Deepika Shetty, Director, was the Chief Guest for the inaugural event. The following events were conducted after the inaugural functions - folk dance, western vocal group, non-classical group dance, non-classical vocal group, western group dance, stand-up comedy, fashion show and Mr and Miss MCON. Lastly, the prize distributions were done by Dean and Associate Dean. Vikings won the overall championship followed by first runner up by group Samurais and second runner up by group Knights.

### ***Christmas Celebration***

Christmas celebration was conducted on December 17, 2018 at MIT auditorium. Program started with a short message by Ms Christina Abraham on the importance of this holiday season. First year BSc (N) students performed carol singing, 2nd and 3rd year BSc (N) students performed a dance and 4th years performed carol song. First and second year PBBSc (N) students sang a Christmas carol together and MSc (N) and Nurse practitioner students performed a skit and dance.

### ***Utsav 2019***

Utsav 2019 was from April 1st to 6, 2019. Our college hosted events like instrumental solo, clay modelling and fashion show. Our college participated for most of the competitions. We bagged 3rd position in staff variety program, 2nd position in clay modelling and cultural parade. MCON secured 10th position in Utsav 2019.



# Sports Committee



**Bottom row: Left to right:** Ms Shalin Mathew, Dr Ramesh C, Dr Malathi G Nayak, Mr Keerthan Kumar K R  
**Row 2: Left to right:** Ms Kiran Mendonca, Ms Johana D'Conna, Ms Sandra Mariam Jacob, Ms Sherin Shajan, Ms Vinslet Alisha, Ms Elizabeth Monson, Mr Ancil Hanston

**Senior advisor:** Dr Malathi G Nayak,

**Junior advisor:** Dr Ramesh C

**Chairperson:** Ms Shalin Mathew

**Secretary:** Mr Keerthan Kumar KR

Sports committee is a part of SNA. It encourages the students to improve and exhibit their talents and to develop sportsman spirit. It enhances the overall personality development, leadership quality and team spirit by active participation.

## Independence Day celebration

March-past team of MCON participated in the parade organized by MAHE on account of Independence Day celebration on August 15, 2018.

## MAHE Intercollegiate Staff Chess Tournament

MCON organized staff chess tournament on July 28, 2018 at Dr TMA Pai Hall. Staff from various institutions participated in the event.

## Intercollegiate Volleyball Tournament

Intercollegiate volleyball tournament was held on October 9 and 10, 2019. MCON women team secured runners up in the match.



## MCON Annual Sports Meet

The 28th Annual Sports meet of MCON Manipal was held on January 18, 2019 at MIT Stadium. Ms Jessie Andrews, Principal, Madhava Kripa Primary School, Manipal was the Chief Guest for the Inaugural function.



The Chief Guest, while addressing the students, said, self-grooming is essential for every individual. We should imbibe good qualities to be organized and disciplined. Try to observe good qualities from the people around and learn from them. Physical fitness is an important aspect of self-grooming, which is needed to maintain good health.

Majority of the students and the staff members participated in various events with great enthusiasm. The valedictory function was held at 4.00 pm. Col B Prakash Chandra, Director, General Services, MAHE was the Chief Guest for the valedictory function. The Chief Guest, while addressing the students, said, sports activities are important to one's overall health and success. It builds confidence and is important for everyone's fitness. It should be a routine part of life. It promotes physical fitness and also improves mental health. The individual championship was bagged by Mr Alson Joshua Andrade, 2nd year BSc Nursing and the best outgoing sportsman was bagged by Mr Shailesh Poojary, 4th year BSc Nursing student. Ms Swathi Naik, 2nd year BSc Nursing bagged the individual championship for women. The best outgoing sports woman was bagged by Ms Anushree Naik, 4th Year BSc Nursing. The group 'KNIGHTS' won the overall championship.



### Republic Day celebration

MCON march-past team participated in the parade organized by MAHE on account of Republic Day celebration on January 26, 2019.

### MAHE Staff Intercollegiate Throw ball and Hockey

MCON organized the staff intercollegiate throw ball event on February 5, 2019, and students' intercollegiate hockey event on February 25 and 26, 2019.

### Intercollegiate athletic meet

MCON students participated in the intercollegiate athletic meet held on February 20 and 21, 2019 and won three Gold and two Bronze medals:

- Mr Alson secured first place in the triple jump and long jump
- Ms Johanna secured first place in short put
- Mr Chandrashekar (MSON) secured third place in hammer throw
- Girls team secured third place in the relay



### Intercollegiate Throw ball tournament

Intercollegiate throw ball tournament was held on March 10, 2019. MCON women team secured runners up in the match. MCON students participated in the various events of MAHE intercollegiate sports activities.



# Health and Social Welfare Committee



**Bottom row: Left to right:** Ms Tissa Sara Thomas, Ms Danu Mary James, Dr Latha T Bhat, Mrs Savitha, Ms Rinsu Ann Rajan, Ms Merin Reji

**Row 2: Left to right:** Mr Haseeb Rahman, Ms Annmariya Sibichen, Ms Anns Kurian, Ms Christina John, Mr Tino Tomy

**Senior advisor:** Dr Latha T

**Junior advisor:** Mrs Savitha

**Chairperson:** Ms Danu Mary James

**Secretary:** Ms Rinsu Ann Rajan

Health and social welfare committee is a unit of SNA. The focus of the committee is to improve the general wellbeing of the students as well as inoculating the societal responsibility among students. The regular activities of the committee are assisting the students of the college during their sickness, extending the help during the hospitalization and empowering the local community about promotion of health. The committee also offers first aid services during the college activities such as sports meets, republic and independent day celebrations, etc.

## Capacity Building for Women in Slums – March 8, 2019

Capacity building program for women was conducted in Indrali slum on March 8, 2019. The adolescent girls and women were informed about reproductive health and emphasis was given on menstrual hygiene. Different teaching methods were used with attractive audiovisual aids. Two packs of sanitary napkins were distributed to

each of them.

The students also organized different activities for other slum dwellers. Quiz and games were organized for children of different age groups. Gingili *laddu* and chocolates were given to all the children. Games were conducted for women and men also. Prizes were distributed to all winners. Dermatologists of Kasturba Hospital Manipal also participated in the program and gave awareness about common skin diseases through lecture and pamphlets.

A kit with rice, green dram dhal, tooth paste and brushes, soaps and shampoo were given to all the houses in the slum. A total of 28 children and 86 adults benefitted with the activities. The beneficiaries enjoyed and appreciated the activities conducted by the students and faculty of nursing college. They also requested for more programs and support.

**DAAN Utsav of Manipal College of Nursing Manipal** Voluntary Service Organisation (VSO) of MCON Manipal has organised *Kreeda Anand*, *Taradarshan* and *Arogya Bodhan* as part of Daan Utsav celebration 2018.

- ***Kreeda Anand*:** An interactive session with students of high school in Rajeevnagar was held on October

6, 2018. The students of standard 8th, 9th and 10th were introduced to the team of volunteers of MCON. Happy dots signifying the spirit of Daan Utsav were distributed among the students, to mark the beginning of the celebrations. Multiple indoor and outdoor games were played with the students. Outdoor games included bomb in the city and dodgeball. Indoor games were burst the balloon, marble race, straw with a hole, confetti swap, etc. Prizes were distributed for first and second place in each of the games. The students also displayed their talents. Three students whose birthdays were in October were given extra gifts.

- **Taradarshan:** A visit to the planetarium with students of a high school was organised at Dr TMA Pai Planetarium, School of Life Sciences. The students of standards 8th and 10th of GCHS Rajeevnagar and the volunteers from MCON Manipal, along with supervisors from both the institutions visited Planetarium and screened 'Dawn of the Space Age' in Kannada. The overall feedback about the facilities and the program was encouraging. The students and teachers expressed their joy and gratitude about the entire day's program.
- **Arogya Bodhan:** Health teaching to in-patients of Oncology wards, Kasturba Hospital Manipal was organised on October 8, 2018. Health teaching was delivered on the possible side effects of chemotherapy and its management. More than 70 participants (patients and their relatives) attended the programs. The question answer session followed by health teaching was continued for more than an hour. Arogya Bodhan was a huge success and beneficiaries have expressed the usefulness of teaching.





# Health Education Committee



**Bottom row: Left to right:** Ms Sajini , Mr Sharan shetty Mrs Janet Prameela Dsouza Mrs Asha K Nayak Ms Frinzel Lobo

**Row 2: Left to right:** Ms Shwetha, Ms Sneha Raj, Ms Adlin D'souza, Ms Benita Dcunha,  
Ms Rashal Martis, Ms Rishel D'mello

**Senior advisor:** Mrs Asha K Nayak

**Junior advisor:** Mrs Janet Prameela D'Souza

**Chairperson:** Ms Frinscel Manisha Lobo

**Secretary:** Mr Sharan Kumar

## ***The objectives of the committee were:***

- To conduct a committee meeting and discuss the health issues of patients to provide awareness
- To educate people to cultivate a healthy habit and practice
- To develop health consciousness in the community
- To conduct a health education program
- To create awareness in various aspects of health promotion, health maintenance etc.
- To demonstrate a procedure that improves the skills of patients and their caregivers.

## **Health education on Breast Self-Examination– October 4, 2018**

Health education on breast self-examination was conducted in SF4 ward from 4:30 pm to 5:00 pm on October 4, 2018. Health education was given on importance of breast self-examination and steps of breast self-examination. There were about 15 participants, including family members. Feedback

was collected from participants and there was a good response from the participants.

## **Health education on Antenatal and Postnatal care – October 26, 2018**

Health education on antenatal and postnatal care was conducted in the antenatal ward of Kasturba Hospital from 4:30 pm to 5:00 pm on October 26, 2018. Participants were educated regarding care during the antenatal and postnatal period that includes good nutrition, exercise, sleep and rest. Total of 15 participants attended health education. At the end of the health education, the feedback was collected and there was a good response from the participants.

## **Health education on substance abuse for adolescents December 14, 2018**

Health education on 'Substance abuse among adolescents and adults' was conducted in Govt. PU College Hiriyaadka from 2:00 pm to 3:30 pm on December 14, 2018. Health education sensitised the participants on the adverse effects of smoking and alcoholism. A total of 40 students attended health education. Feedback was obtained. College management and students appreciated the program.

# SNA Club



**Bottom row: Left to right:** Ms Olivia Philip, Ms Racheal Nikita, Ms Alisha Rani, Mr Jomon CU, Mrs Shobha, Ms Issabel Issac, Ms Sherin Shajan, Ms Amala Tressa Martin

**Row 2: Left to right:** Ms Melvita Andrade, Ms Amrutha Jimmy, Ms Sahana Sheyal, Ms Delvia Martina D'SA, Ms Andria Magi Mathew, Ms Manisha Kunnacherry, Ms Rintu K Raju, Ms Vinslet Alisha, Mr Shailesh Poojary

**Advisor:** Mrs Shoba

**Co-advisor:** Mr Jomon C U

### Objectives of the committee were:

- \* To develop creative and innovative ideas in student
- \* To promote group participation among students
- \* To help the students to spent their leisure time usefully
- \* To conduct various fund raising activities and programs
- \* To help all the committees in the SNA and their activities

**Chairperson:** Ms Alisha Rani

**Secretary:** Ms Issabel Issac

### Activities conducted:

- Supplied notebooks and clinical (pocket) articles to the students.
- Provided name tag for all the students.
- Conducted fund raising activities during various programs like Imprintz, sports day, etc.
- Organized all the college activities along with other SNA committee members.



## Education Committee



**Bottom row: Left to right:** Ms Jithu Mariam Babu, Mrs Shalini G Nayak, Mrs Sweety Jousline Fernandes, Ms Alena Saji, Ms Ashly Johnson

**Row 2: Left to right:** Ms Tenzin Nordon, Ms Sreeramula Nikhitha Hadassah, Ms Amala Treesa Martin

**Advisor:** Mrs Shalini G Nayak

**Co Advisor:** Mrs Sweety Fernandes

**Chairperson:** Ms Alena Saji

**Secretary:** Mr Tenzin Nordon

The Education Committee focuses onto the overall abilities of the future nurses of MCON. It gives them opportunities in portraying their hidden talents in painting, cartooning, and in creative skills like poetry and essays. Also, they get chances for exhibiting their speaking abilities through extempore, debates and elocutions.



This year the committee selected a wide variety of topics for our participants to work on like natural disaster,

nursing in 2050, obesity etc. Students actively took part in all the events and proved their level of competence. The committee had a total of 53 winners from all the events held and the prizes were distributed on the day of Imprintz 2018.



On December 15, 2018, the committee organized a seminar on the topic-Personal and Professional Development.



A total of 90 students took part in the seminar and gave a great review about the same. Certificates were awarded for all the participants later.



The program was conducted in three sessions with one hour each. The seminar started with an official inaugural ceremony in the presence of Dean and Associate Dean with Lt Col Lovely Antony as the Chief Guest.

The whole year's activities received a great review from the students and faculty members as well.



The sessions were led by Dr G Robert Clive, Dr Anice George and Mrs Shalini G Nayak on the topics: Soft Skills, Why leadership in Nursing? and Time Management, respectively.

## Judiciary Committee



**Bottom row: Left to right:** Mr Alex Binu, Ms Sherin Joson, Dr Anice George, Ms Sneha Thomas, Ms Riby Susan Roy; **Row 2: Left to right:** Ms Elizabeth Gregory, Ms Nayana Vincent, Ms Hima Tom

## Editorial Committee



**Bottom row: Left to right:** Mr Renjunal Yesodharan, Dr Maria Pais, Ms Binu Margaret E, Mrs Jackline Prathibha, Mrs Yashoda Sathish, Dr Melita Sheilini, Mrs Reshma; **Row 2: Left to right:** Ms Melvita Andrade, Ms Amala Tressa Martin, Ms Christina Abraham, Ms Alphy Elsa Sabu, Ms Tresa Rony, Mr Anand Upadhyay, Ms Roshini, Ms Sinduja, Ms Meghana Pandit, Ms Renvita Mary Dalmeida, Sr Reena T Y

## Students Research Forum

Manipal Academy of Higher Education Students' Research Forum (MAHESRF) is a student body dedicated to inculcate research interest among undergraduate and postgraduate students. It was constituted in October 2013 and formally inaugurated by Dr K Ramnarayan (former Vice Chancellor), Manipal Academy of Higher Education, Manipal on 14 November 2013.

MAHESRF acts as a common platform for students (undergraduates, graduates and research scholars) of the constituent institutes of Manipal Academy of Higher Education (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 will have representatives from every constituent institutions of MAHE. Faculty members will be the mentors for student representatives. Official meetings will be organized once in a month. MAHE SRF organizes Manipal research colloquium, summer school training programs and an international conference on health and technical research every year.



Mrs Anupama D S, PhD research scholar, is the representative of Manipal College of Nursing, Manipal, to Student Research Forum of Manipal Academy of Higher Education, Manipal. She is one of the executive

members of the MAHE SRF. She actively participates in monthly meetings and involves herself in organizing various activities by student research forum. A fresh student research forum of MCON (2019-2020) was formed. Its members constitute of representatives from each batch of undergraduate as well as post graduate students. A total of 14 student members make up the SRF, and it is led by the faculty advisor, Dr Sonia R B D'Souza. Students were encouraged to participate in research activities and take up research projects, resulting in paper presentations and publication of research articles.

### **Activities under MCON-SRF**

A session on Clinical Trial Registry- India (CTRI) registration procedure was taken by Mr Anil Raj A, Lecturer, Manipal College of Nursing on 6 August 2018 and procedures and formalities of Institutional Ethics Committee was dealt by Dr Tessy Treasa Jose, Head, Department of Psychiatric Nursing, MCON, on 8 August 2018. M.Sc Nursing students and PhD scholars attended the session. During the session, students clarified their doubts regarding the registration process.

Research scholars presented the papers at the Manipal Research Colloquium, which was exclusively held for Manipal students from April 1 to 3 2019. Students attended the various scientific sessions at the research colloquium.



## Annual and Awards Day

“Nurses and policemen operate at the cutting edge level of the profession as they assess and deliver their job without compromise,” said Mr K Annamalai, Deputy Commissioner of Police, South Bengaluru City, Bengaluru, the Chief Guest of the 29th Awards and Annual day celebration of Manipal College of Nursing, MAHE, Manipal on 1 February 2019.

**Mrs Saroja Jaykumar**, AGM of Medical Services, Manipal Hospital, Bengaluru, the Guest of Honor of the day, in her address said few of the qualities which she emphasized are open to learning: take time to correlate what is learnt, put the learning in to patient care, challenge every assumptions and be kind to everyone amidst the hurried task.

**Dr PLNG Rao**, Pro Vice Chancellor (Quality Assurance), MAHE, Manipal, in his presidential address said that what you learn during your course is just the tip of the iceberg. You have to continue learning lifelong. He also added that as long as we are able to convey, listen, empathize and sympathize with our patients, relatives and other professionals, we will not face problems related to legal and ethical issues.

The Chief Guest inaugurated the Gerontological Nurses' Association of India (GNAI), which is one of the first

of its kind in the country. Also, the MCON Research e-newsletter was released by the Guest of Honor.

Awards for meritorious students for their excellence in education and faculty members for their various achievements were distributed. The best outgoing student was awarded to Ms Alphonsa E T.

Dr Mamatha S Pai, Professor and Head, Department of Child Health Nursing was awarded the most accomplished faculty. The Good Teacher award was bagged by Mrs Sheela Shetty and Mrs Prima J J Dsouza, Assistant Professors, MCON Manipal.

Dr Anice George, Dean, Manipal College of Nursing, Manipal welcomed the gathering and introduced the Chief Guest. Dr Judith Angelitta Noronha, Associate Dean and Head of OBG Nursing department, MCON, Manipal, presented the Annual report of the college. Dr Melita Sheilini, Assistant Professor and Convener of the Annual Day program proposed the vote of thanks. Mrs Radhika R Pai, Assistant Professor, compered the formal program.

The formal function was followed by enchanting and mesmerizing variety entertainment program by the students and faculty members of the college.



## Faculty Development Program - 2018

The Continuing Nursing Education (CNE) committee of Manipal College of Nursing, MAHE, Manipal, organized Faculty Development Program on July 26 and 27 2018. The Chief Guest Dr Sandeep S Shenoy, Director Quality and Compliance and Head, Department of Commerce, MAHE, Manipal, appreciated the efforts taken by the institution and congratulated Dean and her team for successfully holding an event which helps in the holistic growth of the employees. In his inaugural speech, he insisted the college to closely work on benchmarking with nearby Nursing Colleges in Asia in order to strive for excellence.

The first session of the day was on the overview of National Institutional Ranking Framework by Dr Christopher Sudhaker, Deputy Director, Quality and Compliance and Professor, Department of Mental Health Nursing, MCON, MAHE. The Research Core Committee of MCON Manipal facilitated the research presentation of each department. Each department presented research analysis of the last academic year (2017-2018) and the proposal for the next academic year (2018-2019).

On 27 July 2018, Dr Ciraj A M, Professor, Department of Microbiology and Dr G Sreejith, Associate Professor, Department of Microbiology, Melaka Manipal Medical College, MAHE, oriented the faculty on uses and application of various softwares in teaching learning activities and highlighted on the significance of blended learning for the present generation of technology enhanced students. A session on “Soft skills development for health professionals” was taken by Dr Vikram Palimar, Professor, Department of Forensic Medicine, KMC, MAHE, Manipal. A total 70 faculty members attended the FDP 2018.





# Continuing Nursing Education at Al Salam Hospital, Kuwait

Manipal College of Nursing had conducted three Continuing Nursing Education (CNE) session at Al Salam Hospital, Kuwait. The CNE sessions were: Advanced Medical Surgical Nursing, Advanced Nursing Administration, Advanced Critical Care Clinical

Practice Nursing. Each session had 30 staff nurses as participants. Two faculty members were sent from the college based on their expertise in the specific area. Interactive sessions with hands on experience were provided to the participants.

## Schedule of CNE Sessions

CNE Sessions	Resource persons	Dates
Advanced Medical Surgical Nursing	Dr. Elsa Sanatombi Devi Mr. Anilraj	22 to 27 September, 2018
Advanced Nursing Administration	Dr. Judith Noronha Dr. Baby S Nayak	27 October - November 1 2018
Advanced Critical care Clinical practice Nursing	Dr Jyothi Mrs Shalini Nayak	March 16 – 21 2019



# International Nurses' Week Activities - 2019

The formal program of International Nurses' Day was held on 11 May 2019 in Dr TMA Pai Auditorium of KMC, Manipal. The theme chosen by International Council of Nurses for the year 2019 is "Nurses: a voice to lead: health for all". Chief Guest, Smt Hephysiba Rani Korlapati, District Collector, Udupi, mentioned in her address that nurses are key to health and entire progress of the country. Nurses are the voice and critical force in times of distress in the healthcare sector. Noble virtues of nurses' makes their voices reach everywhere. She urged the budding nursing students to dedicate their work to humanity and provide best service to the nation.



Dr Poornima Baliga B, Pro Vice Chancellor, Health Science, MAHE, Manipal, in her presidential address congratulated MCON for conducting various programs in a very systematic way. She also stressed the importance of team work wherein the nurses play a significant role. Dr Kasturi R Adiga, former Principal, MSON, Manipal, was the guest of honour for the program.



Dr Anice George, Dean, MCON, in her address emphasized that the nursing profession is a noble profession and nurses are essential in transforming healthcare and health systems, so that no person is left behind without access to care. Three eminent nurses - Mrs Gulabi Kudva, former Tutor, MSON, Mrs Vijayalaksmi, retired ward-in-charge of Neonatal Intensive Care Unit (NICU), Kasturba Hospital, Manipal and Mrs Padma, retired ANM, RMCW Centre, Malpe, Udupi were felicitated for their contribution towards the welfare of patients, nurses and nursing students.



Cash award instituted by Dr Kasturi R Adiga was awarded to Ms Ashmitha Raveena Lobo and Mr Kenet Marvin Saldanha for their excellence in clinical practice in PBBSc Nursing and Diploma in Nursing for outgoing batch 2017 and 2018 respectively. Mrs Mariamma M T, ward sister, was awarded for the excellent clinical practice during her nursing career. Certificates were distributed to the winners of the debate competition.



the Department of Environmental Assistance (Class IV workers, MAHE, Manipal). Mrs Sheela Shetty, Assistant Professor, MCON, provided a detailed description on the care of children. She explained about the childhood injuries and its preventive measures. Mrs Sangeetha Priyadarshini, Assistant Professor, MCON, expounded on child abuse and its prevention. She also explained the ways to differentiate between good touch and bad touch, and highlighted the importance of spending quality time with children at home to facilitate open communication.



As a part of this celebration, various activities were conducted such as blood donation camp, awareness program for mothers of children under five years of age, workshop on Inter-professional Practice and Education, debate competition and a seminar on the ICN theme for 2019 Nurses' Day.

### **Blood donation camp**

Department of Fundamentals of Nursing, MCON, MAHE, Manipal, along with Lions Club Moodubelle, organized blood donation camp at Blood Bank, KH Manipal on 7 May 2019. Students and faculty members of MCON and MSON, Manipal and staff of MAHE participated in the voluntary blood donation camp. Sixty seven volunteers donated their blood with enthusiasm and positive attitude to save the life of patients.

### **Awareness program for mothers of under-five children**

The Department of Child Health Nursing conducted an awareness program for mothers of children under the age of five on the theme "A voice to lead – Health for All: Empower mothers for healthy family" on 7 May 2019. The program was attended by 30 mothers employed in

### **Workshop on Inter-professional Education and Practice**

The Department of Community Health Nursing organized a workshop on Inter-professional Education (IPE) and Practice (IPP) on 7 May 2019 from 2:00 – 4:00 PM in GFATM Classroom, MCON, MAHE, Manipal. A total of 28 participants registered from the Department of Physiotherapy, Occupational therapy, Dietetics, Nursing and Pharmacy. Dr Ciraj A M, Professor, Melaka Manipal Medical College, Manipal, delivered a session on "Introduction to Inter-professional Education and Practice". He highlighted on importance of IPE and IPP, competencies and its assessment.

Dr Shashidhara Y N, Professor and Head, Department of Community Health Nursing conducted a group activity on Inter-professional Education and Practice. Participants of various disciplines were divided into groups. Each group consisted of various health professional students who were involved in patient care. Each group were given simulated cases and were provided guidance to present the case in the form of role play and summarize inter-professional care for the

simulated case. The participants were very active and enjoyed the session.

The participants conveyed that the workshop was interesting and suggested that it would be good if the practice on IPP would come up.

### **Debate Competition**

The Department of Mental Health Nursing organized a debate competition on the theme “Nurses can lead health for all” on 9 May 2019 at 2 PM in the third year BSc Nursing classroom, MCON. Four teams consisting of four members in each team participated in the competition. The debate was moderated by Mr Renjula Yesodharan, Assistant Professor, MCON, Manipal. Dr Shashidhara Y N, Professor and HOD, Department of Community Health Nursing, Dr Jyothi Chakrabarty, Professor, Department of Medical Surgical Nursing and Mrs Radhika R Pai, Assistant Professor, Department of Fundamentals of Nursing were the judges for the competition. At the end of the competition, judges clarified the doubts which was raised during the discussion. Dean Dr Anice George emphasized on accountability and responsibility while delivering the care. She also told that the entire healthcare delivery system is in the hands of the nurses. The nurses, including the students, should have knowledge and need to be assertive while providing care to the patients.

### **Radio Talk**

The Department of Medical Surgical Nursing conducted a radio talk with a view to sensitize the public about the significance of theme “Nurses a voice to lead - Health for all”. Dr Melita Sheilini, coordinated the program along with Dr Latha T Bhat, and Mrs Janet Alva. The talk highlighted on the advancement of nursing and its impact on healthcare and quality patient care. The radio talk was broadcasted on 11 May 2019 at 5 PM and repeated on 12 May 2019 at 12 noon in 90.4 FM.

### **Seminar**

Manipal School of Nursing, Manipal, organized a seminar on International Nurses’ day on the theme “Nurses: A voice to lead – Health for all”. Dr Leena Sequira, Principal, Manipal School of Nursing was the moderator for the

seminar. The session on “Health for All” was taken by Dr Ramesh Chandrababu, Lecturer, MCON. Dr Latha T, Assistant Professor, MCON, spoke on “Global Health Challenges affecting the Health for All” and Dr Binil V, Assistant Professor, MCON, dealt on “Mental Health Challenges and Leadership”.

The sessions were concluded by throwing light on the importance of health, challenges affecting the health and the leadership role of nurses. The students and faculty members took part actively in the seminar.

The week long program was coordinated by Mrs Shobha, Lecturer, Department of OBG Nursing MCON, MAHE, Manipal.

Manipal School of Nursing Manipal organized a seminar on International Nurses’ day on the theme Nurses: A voice to lead – Health for all.

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## Fourth Curriculum Convention on Competency Based Education - 2018

Curriculum Convention is a deliberate effort to gather the stakeholders under one platform with the purpose to empower learning experiences of students and enrich teaching methods of faculty in order to cater to the growing needs and demands of the customers. Manipal College of Nursing, MAHE, Manipal, organized the fourth Curriculum Convention on 22 August 2018. The resource persons for the session were Dr Pragna Rao, Dean, KMC Manipal, and Dr Vinitha P P Ravindran, Professor, College of Nursing, CMC, Vellore. Dr Anice George, Dean welcomed the gathering and introduced the resource persons. Dr Anice George, in her opening remarks emphasized the significance of the curriculum convention and the theme for the day “Competency based education”, which is the need of the hour, to keep on par with international standards.

The visible concepts that we look on in student learning is knowledge and skills, but the qualities like behaviour, values, responsibility, motives, confidence, etc., are few hidden competence in a student which are not being regularly assessed, and thus Competency Based Education (CBE) is the need of the hour, says Dr Pragna Rao. She emphasized CBE encourages student to perform independently at workplace or clinical area. CBE, also known as outcome based learning is directed towards attaining social, personal, technical and methodological competencies by the student in providing comprehensive care to the patient. Timely feedback, building up of communication skills, regular

documentation of clinical activities using log book, identifying difficulty level of competencies and tackling them effectively were the points discussed during group activity that involved faculty, students, alumni and parents. Dr Pragna Rao also highlighted that every student has his/her own learning curve and it is the prime responsibility of the teacher to facilitate student progress from novice to proficient and finally towards expertise.

Dr Vinitha Ravindran in her session on implementation of competency based nursing education discussed that competence is a state and competency is a behaviour or core abilities of a person to perform, which is based on holistic approach. Thus, competencies support learning and assessment, helps to develop curriculum, encourages consistency and allows assessment of an individual. The competency checklist was developed by each groups following the core areas/ domains, listing the competency domains, defining competency criteria and lastly writing the measurable performance indicators. The group discussion was concluded with a presentation of the competencies developed by the team. She also highlighted the methods of evaluating CBE through simulation, OSCE, self-evaluation and peer evaluation. The session concluded with closing remarks by the Dean in taking forward this activity by each department and gradually developing the competencies a nursing graduate should develop at the end of the education.



## Alumni Meet - 2018

As part of the third Global Manipal Alumni Convention, the Alumni meet of Manipal College of Nursing and Manipal School of Nursing, Manipal, was held on 15 December 2018.

A total of 60 alumni attended this function. The program started at 10:30 AM with welcome address and orientation to alumni portal by Mrs Anjalin D'Souza, Alumni Co-ordinator, MCON. Dr Latha T Bhat, Assistant Professor, MCON, also an alumna of the college, took a session on antimicrobial resistance and the methods to overcome with these challenges.

Ms Aameeka Shereen Lobo, Alumna of MSc 2014-16 batch, presently doing her Masters in Public Health at IIPH, New Delhi, took a skype session. During her session, she said that nurses have a vast scope in the public health sector. Dr Judith A Noronha, Associate Dean, MCON, Manipal, emphasized on the role of alumni towards Institute of Eminence. Dr Anice George, Dean, MCON Manipal said that the Alumni have a significant role in the growth of their alma mater. She emphasized on the importance of registering in the alumni portal of MAHE. All the alumni were excited to be part of the MCON alumni meet. They shared their experience and the interesting moments of their campus life with the audience.



# Orientation Program -2018

Freshers' Orientation programme was organized by Manipal College of Nursing Manipal on 1 August 2018 at the Dr TMA Pai Hall, KMC, Manipal.

The Chief Guest of the programme, Dr Raghu Radhakrishnan, Director, International Collaborations, Manipal Academy of Higher Education (MAHE) addressed the newly joined students and their parents. He gave a brief orientation about MAHE as well as the status of being declared as Institute of Eminence by Ministry of Human Resource Department, Government of India. In his address to the students, he said the importance of setting goals for learning as well as the core values to be followed for academic achievement.

Dr Anice George, Dean, MCON Manipal gave brief introduction of the institution and introduced the faculty members. Orientation to the nursing services

department of Kasturba Hospital, Manipal was briefed by Mrs Shalini, Nurse Educator. The various services offered by MAHE including the security services, library facilities, volunteer service activities (VSO), MARENA sports complex, Student support system (SSC) were briefed by Dr Judith A Noronha, Associate Dean, MCON.

The students and their parents were familiarized to the hostel facilities by Air Commodore Harindra Kumar Dhiman, Chief Warden of MAHE Hostels. The Student Nurses Association (SNA) Secretary, Mr Jerry Biju gave a brief glimpse of SNA activities of MCON Manipal to the students and their parents. This was followed by introduction of teacher guardians to the fresher's and their parents, Dr Anice George, Dean MCON Manipal clarified the doubts of students and their parents and gave concluding remarks.



## Collaboration with HEE, UK and MCON, MAHE

The MCON also had collaboration with Health Education England (HEE), UK, for direct recruitment of the graduates to NHS hospitals UK on 10 November 2018.

Dr Anice George, Dean of Manipal College of Nursing, Manipal took the leadership to express about quality education and training at Manipal. She highlighted on the training mandates a graduate should experience during their training program. It was clearly promised that recruitment process will be transparent. Academic

qualification and skills will be tested prior to recruitment. She promised that if a training centre is laid at Manipal, HEE, UK can be assured of competent graduates getting employment in England.

Team HEE, were overwhelmed to meet the 169 graduates from three states and from different districts of Karnataka. The enthusiastic look and the ambitious motive of the graduates gave a lot of hope for recruitment simplicity.





## IELTS and CBT Mock test at MCON

MCON, for the first time, conducted IELTS and CBT orientation and mock test to assess students' competency. This mock test will give us an opportunity to identify the students' capabilities and enhance their skills through a training that is planned for August 2019.

The 47 graduates and post graduates who are enrolled, will be taking the training in August 2019 and then appear for the IELTS/CBT exams and be recruited for UK through NHS. This journey of pillar 3 on internationalization will take us a long way to recruit and improve their employability in the international healthcare segment

NHS with technology support from Abhinava Events Pvt Ltd under the leadership of Mr Vidyashankar A V, set the stage for the actual conduct of the test.

### *Future Activities*

- To explore and sign an MOU with Abhinava Events Pvt Ltd in order to set up a centre for IELTS/CBT training inclusive of an Objective Structured Clinical Examination (OSCE) lab in consultation with International office, MAHE and NHS, UK.

- To assess and train the BSc/PBBSc/MSc Nursing students throughout the year to make the process more at ease and for faster processing.



## Guest Lectures

### Adolescent Medicine and Childhood Cancer

A guest lecture on “Adolescent Medicine and Childhood Cancer” was organized by the Department of Child Health Nursing on 22 October 2018 at MCON, Manipal. Dr Rocky Mollere, MD Internal Medicine and Paediatrics Specialist in Marrero, discussed the importance of identifying the problems among teenagers and management.



Dr Raj Warriar, MD, former Vice Chancellor, MAHE, Manipal had an interactive session on the types of cancers among children, with emphasis on interventions to prevent infections. This was attended by 30 third year BSc (N) and four first year PBBSc (N) students and eight faculty members. The sessions were interactive and informative.



### Change Management and Health Care Overseas

A guest lecture on “Change Management and Healthcare Overseas” was organized by the Department of Child Health Nursing on 5 January 2019 at MCON, Manipal. Ms Vilma Saldanha, Clinical Quality Officer, Dubai Health Authority and Alumnus of MCON Manipal (MSc Nursing graduate 2008-2010 batch), discussed regarding change management and project management, the major external and internal factors and digitalization influence to have change in an organization. A total of 53 faculty members were present for the session. The session was interactive and informative.



An interactive session also was organized for the final year BSc Nursing students on 4 January 2019. A total of 88 students and two faculty members attended the session. She stressed the importance of being passionate towards nursing profession, importance of higher education, updating the knowledge and skills. She also talked about job opportunities and the process of getting a job in Dubai.



## CNE on Health Policy Research

The Department of Community Health Nursing conducted Continuing Nursing Education program on Health Policy research on 24 January 2019 from 2:30 to 3:30 PM. Dr Elissa Ladd, Global Health Coordinator and Dr Patricia Lussier-Duynstee, Assistant Dean, MGH Institute of Health Professions, Boston, were the resource persons for the CNE. Dr Elissa Ladd gave an in-depth understanding of structure, process and outcome model in terms of Health Policy Research and Dr Patricia explained about policy change with appropriate examples. The session was interactive and interesting for the participants.



## Paediatric Nurse Practitioner: Scope and Practice

A guest lecture on “Paediatric Nurse Practitioner: Scope and Practice” was organized by the Department of Child Health Nursing on 10 January 2019 at MCON, Manipal. Dr Elisa Ladd, Ms Valerie Kiers and Ms Caitlyn Shea (MGH Institute of Health Professions, Boston, USA), discussed the roles and responsibilities of a Paediatric Nurse Practitioner in USA.

The role of a paediatric nurse practitioner in USA, the curriculum and the evaluation process was presented. Dr Elissa Ladd presented the scope of practice of paediatric nurse practitioners. This session was attended by the Dean and eight faculty members from Department of Child Health Nursing, two research scholars and three paediatric specialty MSc Nursing students from Sikkim University. The sessions were interactive and informative.



## Quench Your Thirst – By Dr Basanti Majumdar

Dr Basanti Majumdar, Professor Emeritus, McMaster University Canada, a distinct adjunct faculty of Manipal College of Nursing, MAHE Manipal interacted with varied group of researchers and faculty. The PhD scholars and faculty members were involved in series of lectures on March 4 and 5 2019. PhD Scholars of MCON and Biochemistry attended a special talk on plagiarism, and how to reduce waste in research.

The sessions were on how a research could focus on the solid findings and reduce wastage. Plagiarism was another concern the research scholars had in common, and Dr Basanti rightly threw a light on how studies can

be cited and how one can give acknowledgement for the prior distinct works carried out by researchers. Original work and correct citations could help reduce the effects of plagiarism. The faculty also attended the session on scientific writing. Dr Basanti emphasized on the art of writing, the language used and the authenticity of the research papers as per the expectation of the journal.

Faculty raised their concerns over rejection of manuscript while processing. One on one interaction and a mentoring forum was provided to faculty who felt the need for a push to acceptance of the research paper. She also highlighted the bright side of international collaborators in writing grant projects, and how one can publish ethically in high impact journals. Looking

for research partners, one must focus on the past track record of publications, strong partnership attitude and financial sustainability towards research progress. Finally, the mindset to run the race of research process and publication in time is crucial for success.

On 5 March 2019, the MSc Nursing students had an interactive session on Focus Group Discussion (FGD).



Live focus group discussions took place, showing a path as to how an ideal focus group happens in healthcare. Live demonstration of FGD made it an amazing learning experience to the young researchers. The session ended with a note of thanks and with a hope to have more interactive sessions in the forthcoming year.



## Continuing Nursing Education

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

### 30 June 2018

Dr B S Sathish Rao, Professor and HoD, Department of Radiation Biology and Toxicology took a session on "Publishing in web of science journals". A total of 48 faculty member attended the session.

### 25 August 2018

Dr Vijayanarayana K, Associate Professor, Department of Pharmacy practice took a session on "Utilization of Endnote Software". A total of 52 faculty members attended the session.

### 6 October 2018

Mr Nikhil P N, Research Associate, Transdisciplinary Centre for Qualitative Methods (TCQM), PSPH, took a session on "Writing a qualitative research report". A total of 52 faculty members attended the session.

### 3 November 2018

Dr Naveen Salins, Professor, Department of Palliative Medicine, KH, Manipal, took a session on "Recent updates in Oncology". A total of 52 faculty members attended the session.

### 1 December 2018

Dr Gaurav Aiyappa, Senior Resident, Department of Neonatology, KH, Manipal, took a session on "Updates in vaccination". A total of 40 faculty members attended the session.

### 5 January 2019

Dr Ashwin Kumar, Additional Professor, Department of Community Medicine, KMC, Manipal, took a session on "Updates in Public health". A total of 42 faculty members attended the session.

### 5 January 2019

Ms Vilma Saldhana, Professional Clinical Quality Officer, Dubai Health Authority, took a session on "Change management and healthcare in overseas". A total of 38 faculty members attended the session.

### 2 February 2019

Dr Elsa Sanatombi Devi, Professor and Head, Department of Medical Surgical Nursing, MCON, Manipal took a session on "Aligning physical learning spaces and curricula in Nursing Education". A total of 55 faculty members attended the session.

### 22 March 2019

Dr Anice George, Dean, MCON, Manipal took a session on "360 Degree feedback approach by teachers". A total of 53 faculty members attended the session.

### 6 April 2019

Dr Elissa Ladd, Associate Professor, MGH Institute of Health Professions, took a session on "Horizon in nurse led clinics - strategies towards ramification" (Panel debate and Skype session). A total of 44 faculty members attended the session.

### 14 June 2019

Dr Baby S Nayak, Professor, took a session on "Mixed Methods Research". A total of 39 faculty attended the session.

# Interview with Mr K Annamalai

## Deputy Commissioner of Police, Bengaluru South Division

Interview Date: 2 February 2019

### What inspired you to become a police officer?

Actually, I did not want to become a government servant when I was doing my engineering. I went on to take an MBA from an institute in Uttar Pradesh. Being in Uttar Pradesh was a huge cultural change for me, as I am from South India. During our project, we kept travelling across different parts of Uttar Pradesh. I saw a lot of disparity and contrast between people who lived there. I was also at an age where you start questioning a lot of things about your life. Thus, it became one of the factors that motivated me. Another factor was the Mumbai attack happened on 26 November 2008. I was in my first year of my MBA then. Thus, both these events actually pushed me towards this, where I questioned my choices and whether I wanted to do something better with my life. I wanted my life to be more meaningful and with a purpose. I believed that being in the service will give purpose and meaning to my life. Thus I became a police officer.

### What is the secret that pushes you through your bad times? How do you motivate yourself?

I firmly believe that 80 percent of the time that you go through in your life are average days, and nothing actually happens on a particular day from morning to evening. About 10-15 percent of your times are very good days where you feel happy, where something good must have happened. But, if you have noticed, bad days are not more than two or three percent. If you look at the logic, everybody goes through it, and thus you also have to go through it. It is inevitable. Some bad days inevitably has to happen to you, because you have better and good days in your life. So, I only look forward to the good days of my life. Being a police officer, what happens is that we see a lot of bad things in our life — crimes which we cannot take any action at that point of time. But, we feel bad because it happened, and can only hope and believe tomorrow will be a better day. Perhaps, that motivation pushes me to do better. Secondly, I look at things in a positive way. Whatever has happened has happened for a reason; all we can do is try and control it. So, that is something which I try to inculcate in my life.



**What is the advice you like to give to any young person who wants to take up positions of leadership?**

One advice I would like to give them is to look at things from a broader perspective. The difference between a leader and a follower is that a leader has to look at things from multiple angles: from a social angle, from an economic angle, from an emotional angle and from a political and business angle, as well as whichever field you are in. Many a time, it happens such that the leaders become so short-sighted, that is the time when all of us are unhappy, the organization is unhappy. So, I only hope and pray that the leader should have a broader perspective of things.

**Being from the 64th IPS batch of police academy, you got an opportunity to share your experience in the presence of honourable former president Sri Pranab Mukherjee. How do you see all those moments?**

Those are all very good moments, fine moments. Because training is very hard, especially in police service. For two years, you are in the academy. So, somebody has to represent the batch before the president, because the president is an appointing authority. Naturally, we go to meet them and we brief them of what we have done for the past two years. Though, it is ceremonial in nature, we take it very seriously. We had a lot of good moments, and not necessarily this one moment; the friendships we made, the good and bad things we went through as a team, etc. It is very interesting to look back at all those things. But, I personally believe that we should not rest on our laurels because what has happened has happened, look forward to the next thing, do your best and make yourself better.

**Sir, you are one of the police officers who is highly respected, especially by the youth here. What are some of the things you want to say to them, a message you would like to deliver to them?**

After being posted in Manipal, I have been to different parts of Karnataka, and at present I am in Bangalore. So, I get to see a lot of youth daily. Just yesterday, I saw a 13-year-old boy committing the murder of a 14-year-old boy in Bangalore because of the fact that both of them share the same girlfriend and they had a fight over it. I am the DCP of the southern part of Bangalore. Last week in my area, I saw a person, who was around 20

or 21 years of age, commit suicide in front of an actor's house because that actor was not celebrating his birthday. I believe that somehow, the youth think that their purpose in life is very limited and they do not have anything to drive them front. They should have some goals, direction and something to look forward to in life and keep pushing towards that. All these things happen because they do not have a destination. I believe that the youth of Manipal, who are mature and educated, will probably lead the country in different fields for the next 30-40 years. Manipal is contributing to the nation. I hope and pray that the youth from this university should not look at life from a small perspective, i.e., I earn for a living, I have a family and then I die at the age of 70 or 80. I think that at least the youth should take bigger and bolder risks. When things like that happen, I think we come out of our shell, we do not have that negative energy that surrounds us. This is perhaps the message I have for the youth.

**How do you maintain a balance between your personal and professional life?**

I think, consciously we have to maintain a balance. I see a lot of negativity from morning till evening. I see death, pain and a lot of emotional incidents. I consciously make sure that I do not carry them home, because I have a family which looks about the positive things in life. By choice I do not want them to get into my mind. That is something I consciously separate under my house. I am a different person at that moment. I have a child who is growing up, a three year old kid. And, all I want is the environment in which I grew up and not an environment where everything is provided and everything is taken care of in your life. I think we have to come to some kind of a standing in the society only because we had hunger in our stomach, and we consciously went out and got things done. I do not want my children to get anything on their plate for free, they should earn for it. These are some things that I consciously do in my personal life. My child should be brought up in a way he should be brought up. And professional life is something you keep in the office; you leave it at the office, though it is very tough. As a policeman it is very tough. You take phone calls, you keep talking, people listen to you at home about what you talk. Consciously, I try to avoid it. I am extra conscious that way.

**Your job is very physically demanding. How do you manage to keep yourself physically fit?**

I take a lot of pride in my fitness. The fact is that many a time when people come to us, it is the first appearance matters. People will judge you. Thus appearance wise, you should look fit, and you will gain confidence. Secondly, I think that unless my body is fit, my body cannot withstand the stress that we go through. So, consciously I run about 50 km per week. I run, cycle, play golf and go for treks. I consciously take a break. For the last five years, I have been going to the Himalayas. I take a break of a month and 15 days, and these are some opportunities for me to unwind, to come out of my shell, reassess my life, what I am doing in my life and whether I am happy with it and if I make any improvements in my life, and no matter, what I do not compromise on that. Because of this, my professional life is also good. And, one day you can proudly say that good physical fitness will lead to a good personal and professional life, because it keeps you mentally sharp and your hormones going.

**Can you tell us something about the life you had in the police academy during your training?**

The whole purpose of training like police and army is, we are individuals. Fine, as an individual, you might have an opinion . When you come into government service your individuality matters, and at the same time, we have to be a team. So, the first part of training is that you make sure you become a team. Second part of the training is to give you a complete course, may be in 2 years, so that everything matters to you about the country, about the constitution, about the academy, politics, society, everything. So, that is why the training is so rigorous. Thirdly, at the age of 24 or 25, when you enter the academy, they have to make you super fit. So, a lot of effort goes in to make you fit, not only physically but also mentally. So, these three parts make the training so stressful and also very interesting. Both happen together. It is not that it is only stress, training is very tough, but it is very interesting.

Thank you sir, for sharing your valuable time with us.



# Family Day Program

The Staff Welfare Committee of Manipal College of Nursing, Manipal, organized a family day for the families of teaching and non-teaching staff of MCON and MSON, Manipal on 23 February 2019 at the Dr TMA Pai Hall I, KMC, Manipal.

Mrs Bharathi D Nayak, the senior housekeeping staff who will be retiring from her services during the month was felicitated for her service to the college from the inception of the college. Dr Anice George (Dean), Dr Judith Angelitta Noronha, Dr Mamatha S Pai and Dr

Shashidhara Y N rendered the felicitation speech.

Children of faculty members presented various cultural programs followed by a cultural program by the staff members of the college. Different types of games were conducted for children, faculty members and their spouse. All the children enjoyed both the cultural programs and the games. Winners of the competitions were recognized by giving prizes. With an active participation, everyone enjoyed the family day program.





## Memorandum of Understanding signed between MAHE and International Skills Development Corporation (ISDC, UK) and University of West of Scotland

Manipal Academy of Higher Education (MAHE) signed an MOU with International Skills Development Corporation (ISDC, UK) and University of West of Scotland to set up a state of the art graduate training centre at Manipal.



## Memorandum of Understanding signed between MAHE and Malmo University, Sweden

Manipal Academy of Higher Education (MAHE) signed a Memorandum of Understanding (MoU) on 29 May 2019 with Malmo University, Sweden. The objective of MoU is student and faculty exchange, academic collaboration including research, development and delivery of joint courses, participation in internationally funded projects and capacity building activities for both academic staff. The MoU was signed by Vice Chancellor of MAHE, Dr

H Vinod Bhat and Prof Kerstin Tham, Vice Chancellor of Malmo University, Sweden.

Dr Elisabeth Mangrio, Senior Lecturer, Department of Care Sciences, Dr Raghu Radhakrishnan, Director, International Collaborations, MAHE Manipal, Dr Anice George, Dean, Manipal College of Nursing (MCON), MAHE, Manipal and Dr Baby S Nayak, Professor MCON, MAHE, Manipal were present during the occasion.



## Visitors of MCON

### Global Health Immersion Program by Students of MGH Institute of Health Professions, Boston

As part of Global Health Immersion Program, five students from MGH Institute of Health Professions, Boston, visited MCON, MAHE for a period of four weeks starting from January 2 to 24 2019. They had clinical postings in various clinical specialty areas of Kasturba Hospital, Manipal and adopted villages of MCON, Manipal, with a purpose of acquiring international clinical experience.

#### The following activities were performed during their visit:

Dr Elissa Ladd, Global Health Coordinator and Dr Patricia, Assistant Dean, along with nurse practitioners

students of MGH Institute of Health Professions, Boston conducted a session on Paediatric Nurse Practitioner: Scope and Practice on 10 January 2019.

A demonstration session on history collection and comprehensive physical examination for nurse practitioner students was conducted on 17 January 2019.

A session on innovative teaching pedagogy for MPhil nursing students was conducted on 18 January 2019.

Continuing Nursing Education (CNE) on Health Policy Research was conducted on 24 January 2019 for the faculty of MCON and MAHE.

The students achieved their objectives of international clinical placement.



## Faculty visit from Edge Hill University, UK

Toni Bewley, Senior Learning and Teaching Fellow Lead (TEF), Edge Hill University, UK along with Allen Bewley visited MCON, Manipal, from August 1 to 4, 2018.



## Faculty visit from University of Wollongong, Australia

Prof (Dr) Lorna Moxham, and Mr Christopher Patterson (Lecturer), faculty from School of Nursing, University of Wollongong, Australia, visited MCON Manipal from March 23 to 28 2018.



## Visitors from Denmark



## Overseas Immersion Program – Ngee Ann Polytechnic, Singapore, 2018

As a part of Overseas Immersion Program (OIP), the students and faculty members of Ngee Ann Polytechnic, Singapore, visited MCON, Manipal, MAHE, from 16 September to 6 October 2018.

The team consisted of 43 students and three faculty members - Mrs Sivanewary Palanibilo, Ms Sahlawati Binte Abu Bakar and Mr Ismail Maideen. They were given an opportunity to interact with MAHE officials on 20 September 2018.

Various visits were organized such as Experience Theatre, MAHE Campus, Museum of Anatomy and Pathology (MAP), Kasturba Hospital, Simulation Centre, Library, Marena and Smrithi Bhavan. The group also visited Spandana Rehabilitation Centre at Nejar, SDM Ayurveda Hospital at Udyavara, Primary Health Centre, Hiriadka, City Centre Mall in Mangalore and Murudeshwara Temple, Murudeshwar.

The details of the session conducted are as follows: “Religion, Caste and Communities of India” by Dr Neha Chatterjee, Associate Professor, MCPH; “Indian Democracy and Politics” by Dr Vidyanath, Associate Professor, Department of Political Science, MGM College, Udipi; “Grass Root Development” by Dr Ravindranathan P, Assistant Professor, Department of Geopolitics and International Relations; Dr Nanda Kishor

MS, Assistant Professor - Senior Scale, Department of Geopolitics and International Relations conducted an interactive session on “Gandhi and His Vision” and Dr Abhay Shetty, Assistant Professor - Senior Scale, Department of Humanities and Management conducted a session on “Culture and Diversity of India/Folk and Classical Tradition”. A practical session on “Introduction to Yoga” was conducted by Mrs Lavya Shetty, Lecturer, Department of Integrative Medicine and Research (Yoga) where a demonstration of Aasanas were carried out by Mr Govardhan Reddy, Senior Grade Lecturer, Department of Integrative Medicine and Research (Yoga).

Rangoli, Garland making, Mehendi application and handicraft were demonstrated by Mrs Soumya Acharya, Asst Lecturer, MSON and IV year BSc Nursing Students of MCON Manipal. Indian food cooking demonstration was conducted by Mrs Saritha and Mrs Divya, Associates, MCON, Manipal, along with the students of MCON, Manipal and Ngee Ann Polytechnic, Singapore. A cultural exchange program was conducted by the students of Ngee Ann Polytechnic and MCON Manipal.

The program was coordinated by Mrs Anusuya V Prabhu and Mrs Binu Margaret, Assistant Professors, Department of Child Health Nursing, under the guidance of Dr Mamatha S Pai, HOD of the Department.



# Seminar on positive ageing

## Seminar on Positive Ageing - A reality

Gerontological Nurses' Association of India organized a seminar on "Positive Ageing" on 29 June 2019 at the MCON, Manipal, especially for those who are in their midlife.

Dr Anice George, President – GNAI and Dean, MCON, Manipal, said that nurses have a prime role in creating awareness successfully among the public on positively ageing, she emphasized on nurses taking a lead role on this.

Dr P V Bhandary, Director, AV Baliga Group of the institutions, Udupi – briefed on the various types of problems faced by the aged senior citizens of our country, and advised on dealing with these problems.

Emphasizing on maintaining the health of this group of people, he stressed on proper intake of diet, regular minimal exercise, adequate sleep, etc., which will help one from going into depression.

Mr Niranjan Bhat, District Senior Citizen Officer, Udupi, stressing on the importance of old age homes said, these homes should be utilized only by the needy. He briefed the audience on the various benefits of the citizenship card.

Mr Sadananda Nayak, Retd Child Development Project Officer and Older People Welfare Officer, Women and Child Development, Govt of Karnataka, discussed the laws related to care of geriatric and its compensation.



# State level conference on Disaster Management

## State level Conference on “Disaster management: A preparation to react and a decision to overcome”

A State level conference was organized by first year MSc Nursing students of Manipal College of Nursing on 8 February 2019 at Shirdi Sai Baba Conference Hall, Kasturba Hospital, Manipal.

Dr Narayana Sabhahit, Registrar, inaugurated the event and spoke on both natural disasters and the manmade disasters that occurred in India. He said, people in Japan are well prepared to face any disasters, but in India, we are not prepared to face disasters. Emphasizing on the Disaster Management Act of 2005, he said that it was a good move by the Government of India, which would help in preparation of policies during natural disasters.

Dr Anice George, Dean, MCON, addressing the gathering said, students from different disciplines participated in this conference, which would help inter-professional collaboration at the time of any disaster. Adding to her speech, she said, no one is a leader of any team at the time of disaster, everyone has got equal responsibility in providing care to the victims of the disaster.

Dr Shirdi Prasad Tekur, New City Clinic, Jayanagar, Bengaluru spoke on “Casualty response and onsite mass casualty management” and “The psychological first aid and psycho-social care”. He shared his rich experience as a team member of Disaster Management in various places of Bangladesh (post-super cyclone of 1991), Sri Lanka (post tsunami), apart from being the Bengaluru response initiator through Community Health Center (CHC) during the Surat plague, Uttarakhand and Gujarat earthquakes. He was also an active member of the disaster team and worked in NGOs for disability, health and development (NGO). The two phases of disaster, acute and chronic were beautifully explained by him. He also emphasized on triage. In his second session, he briefed on the importance of psychological first aid and psychosocial care during disaster management. He

oriented the disaster management modules which are in place, developed by JIPMER Pondicherry and National Institute of Disaster Management, New Delhi.



Dr Kiran K V Acharya, Professor and Unit Head, Orthopaedics, KMC, Manipal, spoke about “Hospital Mass Casualty Management”. He briefed on the measures to be planned and the assessment performed to provide effective quality care to the victims at the time of casualty. He emphasized the importance of each team member during disaster management and how important it is to mobilize the victims to safe areas. In his speech, he stressed on the significance of conducting mock drills and simulations to provide experience and a sense of competence in case a real disaster strikes.





Dr S Pruthvish, State Neonatal and Child Health Consultant, UNICEF, Karnataka state, and former Professor and HOD, Community Medicine, M S Ramaiah Medical College, Bengaluru deliberated on “Public Health Emergency”. He stressed on the importance of awareness during disaster. He gave brief information on public health emergency and preparedness of the public during disaster management. Talking on various disease outbreaks after disaster and methods to reduce the risk of disease transmission, he said each country should establish a national and IHR focal point accessible at all times for communication with WHO, and also should organize or use more reliable disease surveillance reporting system to identify disease outbreaks promptly. At the end, he voiced his opinion that MAHE could be a focal point of resource for disaster management for Western Ghats.

“Emergency Relief Operations”. He gave an overview on basics of disaster cycle, mitigation and preparedness and disaster management in Indian scenario. He said that principles of mitigation and preparation will help in strengthening the preparedness capacity as well as reducing the impact of risk of the hazard. He emphasized about National Disaster Management Act 2005, SENDAI framework for disaster risk reduction and the UNICEF’s work in humanitarian situations. Concluding his speech, he said there is a need to create a system which will help to strengthen resilience and social service delivery. He also gave an overview of Kodagu and Uttarakhand floods, goals of emergency relief response/operation, immediate life saving measures for the survivors, sectors of emergency operation-standards, WASH-impact, food security and nutrition and shelter settlement and non-food items for the victims. He emphasized on WASH-water sanitation and hygiene promotion. He also shared his prior experiences and gave clear review to the participants by showing evidence of activities which has been performed to help disaster victims post disaster management.



Mr Prabhath Kalkura M, Consultant-Health, Nutrition and WASH, Kodagu Comprehensive Response Plan, UNICEF-District Administration Kodagu, Madikeri deliberated on the topics, “Mitigation and Preparedness” and



Dr Shashidara Y N, Professor and Head of the Department, Community Health Nursing, MCON, took a session on “Disaster Inter-professional Competency”. He said that inter-professional education occurs when students from two or more professions learn from each other to enable effective collaboration and improve health outcomes. He said that disaster may be said to be directly proportional to the product of hazard and vulnerability. He also stressed that competence is used

to describe the knowledge that enables a practitioner to perform activities consistently in a safe manner. He spoke on a framework of disaster competencies of the generalist nurse which is developed by Indian Nursing Council in order to reduce the risk of becoming burden on others at the time of hardship and stress. Concluding his talk, he said along with professional competencies, non-technical competencies and inter-professional skills are also essential to communicate effectively with disaster survivors, demonstrate knowledge of public health principles.

Mr Amit S Upadhye, Senior Special Correspondent, The New Indian Express, Hubballi, took a session on “Ethics in Disaster Management”. He spoke on various tragedies happening all around the country and talked about the

importance of ethics when such actions are covered by media. He emphasized on the importance of ethics in reporting of natural disasters.

The one-day conference concluded with the valedictory function. The conference witnessed a total of 157 delegates from both Karnataka and from other states of India.





# Workshop

## Workshop on Research Methodology and Statistics

on Research Methodology and Statistics from 28 March to 30 March 2019 at CCEID, fifth Floor, Health Sciences Library Building, MAHE, Manipal.

The workshop was conducted as one of the activities of Pillar II - Excellence in Research of MCON under the guidance of Dr Baby S Nayak, Professor, MCON, Manipal. The three days' workshop was coordinated by Dr Melita Sheilini, Assistant Professor - Selection Grade, MCON, Manipal and Dr Binil V, Assistant Professor - Senior Scale, MCON, Manipal.

A total of 38 participants had registered, which included 22 faculty members, 11 post graduate students and five PhD Scholars. Participants were from various disciplines, viz: Nursing, Medicine, Dentistry, Engineering, Allied Health, Management, Pharmacology and Naturopathy from across the country.

Ten speakers from across different disciplines viz: Nursing, Medical, Allied Health and Statistics deliberated on various topics on three days. The sessions were very engaging and the participants were actively involved. The deliberations on three days gave a bird's eye view of the various research methodologies and the statistics.

Dr Shashidhara Y N, Professor and Head, Department of Community Health Nursing, MCON Manipal, took a session on "Literature Search: at 8:30 AM on the first day of the workshop. He highlighted on the purpose and the different databases which can be used for the literature search.

Following this, the program was formally inaugurated by the Chief Guest Dr Poornima Baliga, Pro Vice Chancellor, Faculty of Health Sciences, MAHE, Manipal. Dr Poornima Baliga in her speech emphasized on the importance of research and motivated the participants to bring out



quality publications with the quality research work by forming teams and inculcate the healthy research culture.



The second session of the day was on Writing Research Proposal by Dr Elsa Sanatombi Devi, Professor and Head, Department of Medical Surgical Nursing, MCON, Manipal. The participants were sensitized about the purpose, components of a good research proposal and the art of writing effective research proposal.

Qualitative Research Design was dealt by Dr Mamatha S Pai, Professor and Head, Department of Child Health Nursing, MCON, Manipal. The topic highlighted the characteristics, various approaches, steps in planning qualitative research, sampling, data collection and analysis in qualitative research.



The post lunch session began with a talk on Mixed Method Research Design by Dr Baby S Nayak, Professor, Department of Child Health Nursing, MCON, Manipal. The talk highlighted on areas like purpose, study designs and the sampling in mixed method research.

The last session for the day was Sample Size Estimation by Dr Ravishankar N, Assistant Professor, Department of Statistics, MAHE, Manipal. The participants were made clear about the sample size estimation for various studies, followed by the self-work given to the participants on sample size calculation.

The second day of the workshop started with a talk on Quantitative Research Design by Dr Veena Kamath, Professor, Department of Community Medicine, KMC, Manipal. The session brought out highlights on the



various study designs used in quantitative research with the discussion of studies published using different study designs.

This was followed by Data Collection Techniques and Methods and Data Collection Instruments - Validity and Reliability by Dr Sonia R B D'Souza, Professor, Department of OBG Nursing, MCON, Manipal. The sessions were lively with the work sessions on validity and reliability of the tools.

The last session for the day was on Ethics in Research by Dr Joseph Thomas, Professor, Department of Urology, KMC, Manipal. The session threw many questions on the areas of ethics with various illustrations on research work carried out and published articles. The sessions for the third day began with the half-day session on the use of SPSS including practice session by Dr Ravishankar N, Asst. Professor, Department of Statistics, MAHE, Manipal. It was purely a hands on experience on how to enter and handle data in SPSS software. The post lunch session was on analysis and interpretation

of data including test of significance by Dr Vasudeva Guddattu, Associate Professor, Department of Statistics, MAHE, Manipal. The session sensitized the participants on various statistical tests and the interpretation of the statistical results.

The last session for the day was on Communicating Research Findings by Dr Abraham Samuel Babu, Assistant Professor - Senior Scale, Department of Physiotherapy, SOAHS, Manipal. The session highlighted on the myths about publishing, indexing, impact factor and the various ways of communicating research findings.

The three days' workshop concluded with closing remarks by Dr Anice George, Dean, MCON, Manipal and the certificates were distributed to the participants. MAHE awarded one credit for this workshop on Research methodology and Statistics. The participants conveyed that the workshop was very useful and they look forward for more of such workshops and practical sessions on literature search.

### Workshop on Systematic Review and Meta Analysis

A workshop on systematic review and meta-analysis was organized by full time PhD scholars of Manipal College of Nursing, MAHE, Manipal on October 4 and 5 2018. The objective of the workshop was to create awareness about systematic review and meta-analysis. The workshop was attended by 35 participants from different disciplines of MAHE and other outside institutions.

On 4 October 2019, the workshop was formally inaugurated by Dr H Vinod Bhat, Vice Chancellor, Manipal Academy of Higher Education Manipal. In his address, he emphasized the importance of secondary data obtained through systematic reviews and meta-analysis and its current need. He briefed about the origin of systematic reviews at MAHE. He also explained about the changing



trends in research with more focus on qualitative and mixed methods research.

The workshop was opened by a thought provoking session on Overview of Systematic Review by Dr Ramesh Chandrababu, Lecturer, Dept of Medical Surgical Nursing, MCON, Manipal.



It was continued with a presentation by Mr Anil Raj, Lecturer, Dept of Medical Surgical Nursing on Development of a Systematic Review Protocol and Framing a Systematic Review Question. Formulating a search strategy and hands on experience on Advanced Search Strategy for systematic review was taken in detail by Dr Baby S Nayak, Professor Department of Child Health Nursing, MCON, Manipal. Dr Prasanna Mithra, Associate Professor, Department of Community Medicine, KMC,

Mangaluru briefed about selection of studies and data collection (De-duplication and extraction of data).

The second day of workshop began with Dr Judith A Noronha, Head, Department of OBG Nursing and Associate Dean, MCON, Manipal on Assessing Risk of Bias. Dr Ravishankar, Assistant Professor, Dept of Biostatistics, MAHE, Manipal gave introduction to Rev-Man and Meta-analysis and practical demonstration was done on using the RevMan software.

The afternoon session started with Mrs Shalini G Nayak, Assistant Professor, Dept of Medical Surgical Nursing, MCON, Manipal, on writing the systematic review report and PRISMA Guidelines. Finally, an interesting session was taken on assessing the quality of evidence-GRADE approach by Dr B Unnikrishnan, Professor, Dept of Community Medicine and Associate Dean, KMC, Mangaluru.

The program was concluded by distribution of certificates to the participants by Dr Judith A Noronha, Associate Dean. Feedback was given by the participants about the workshop that it was systematically planned and well organized. The program was coordinated by Dr Baby S Nayak, Professor, Dept of Child Health Nursing, MCON Manipal.



# PhD Holders



**Dr Binil V**



**Dr Latha T Bhat**



**Dr Melita Sheilini**

# Students Achievement



**Ms Amala Tressa Martin**  
Topper in 1st Year  
BSc Nursing



**Ms Jesly Anna James**  
Topper in 2nd Year  
BSc Nursing



**Ms Fatema Mohamed  
Hassanali Fazal** Topper in  
3rd Year BSc Nursing



**Ms Urygen Dolma**  
Topper in 4th Year  
BSc Nursing and  
Dr TMA Pai Gold Medal 2017-18



**Ms Jane Jyothi Mathias**  
Topper in 2nd year  
MSc(N)



**Ms Benita Sharma**  
Topper in 1st Year  
MSc Nursing



**Ms Gurbinder Kaur**  
Topper in 2nd year  
PBBSc(N)



**Sr Reena T Y**  
Topper in 1st Year  
PBBSc Nursing



**Ms Jasna T**  
Topper in 1st Year  
Mphil Nursing



**Ms Soans Joyce Sangeetha**  
Topper in II Year  
Mphil Nursing

# Faculty Awards



- Most Accomplished Faculty Award for the year 2017-2018.
- Certificate for earning above 10 points for publication in Scopus indexed journal for the year 2018.

**Dr Mamatha Shivananda Pai**



- Award for the maximum number of presentations.

**Dr Elsa Sanatombi Devi**



- Good teacher award for the year 2017-2018
- Recognition of continuous service of faculty for 10 years in MCON Manipal.

**Mrs Sheela Shetty**



- Good teacher award for the year 2017-2018:

**Mrs Prima JJ D'Souza**



- Award for the second best published research paper in the Scopus Indexed Journal.

**Mrs Shalini G Nayak**

# Faculty Awards



- Award for the best published research paper in the Scopus Indexed Journal.
- Certificate for earning above 10 points for publication in Scopus indexed journal for the year 2018.
- Dr Sarvapalli Radhakrishnan Life Time Achievement National Award for outstanding excellence achievements in the field of Teaching, Research and Publications in October 2018

**Mrs Ansuya**



- Award for the second best published research paper in the Scopus Indexed Journal.
- Certificate for earning above 10 points for publication in Scopus indexed journal for the year 2018.

**Mrs Sulochana B**



- Certificate for earning above 10 points for publication in Scopus indexed journal for the year 2018.

**Mrs Binu Margaret**



- Award for the maximum number of publications.
- Certificate for earning above 10 points for publication in Scopus indexed journal for the year 2018.

**Dr Sonia R B D'Souza**

# International Paper & Poster Presentation



12th Biennial Conference of the Global Network of WHO Collaborating Centres for Nursing and Midwifery : Universal Health Coverage: SDGs are everyone's business held at Queensland, Australia on 18 and 19 July 2018.

Dr Judith Angelita Noronha



Presented a poster at ICON – IPEPC – 2018 on the topic “Readiness for Inter professional Learning by the Students” & Won the First Prize at Medical Education Unit, Melaka Manipal Medical College Malaysia on 17 and 18 December 2018.

Dr Shashidhara Y N



Attended a Conference on MASCC Annual Meeting 2019 held at San Fransico, USA on 21 to 23 June 2019.

Radhika R Pai



12th Biennial Conference of the Global Network of WHO Collaborating Centres for Nursing and Midwifery : Universal Health Coverage: SDGs are everyone's business held at Queensland, Australia on 18 and 19 July 2018.

Mrs Sulochana B

Presented a Research paper titled “Maternal characteristics of children admitted in surgical ward” during the 28th Annual APSNA Scientific Conference on 18 and 19 May 2019 at Boston Marriott Copley, Boston, USA

Dr Mamatha S Pai





# Academic Advancements

**Mrs Binu Margaret**



- Effective Problem-Solving and Decision-Making, from University of California, Irvine through Coursera
- Patient Safety and Quality Improvement: Developing a Systems View (Patient Safety I), from Johns Hopkins University through Coursera.

**Mrs Ranjani P**



- Completed Certificate course in Biostatistics, Epidemiology and Research Methodology from Department of Statistics, Prasanna School of Public Health, Manipal in 2018.
- Completed Certificate course in Yogic Mudras and Reflexology from Pranava Yoga and Naturopathy Centre (Unit of Pranava Health Trust), Mangalore in 2018

**Mrs Pratibha**



**Mrs Janet Pameela D'Souza**



**Mrs Savitha**



**Mrs Prima JJ D'Souza**



**Mrs Sheela Shetty**



**Mrs Shalini G Nayak**



Completed Bioethics Certificate Course

# Academic Advancements

**Dr Melita Sheilini**



Completed online course on Introduction to Systematic Review and Metaanalysis from John Hopkins University through Coursera.

**Mr Vinish**



- Certificate course in Biostatistics, Epidemiology and Research Methodology
- Certificate course in Prehospital Trauma Life Support

**Dr Mamatha Shivananda Pai**



- Pain Assessment & management initiative: A Patient safety project (10 credits) SUWANNEE RIVER Area Health Education centre, Florida board of Nursing
- Understanding child development: from synapse to society, Utrecht University(COURSERA)

**Dr Elsa Sanatombi Devi**



FAIMER fellowship 2018, Certificate course in wellness

**Mrs Sweety J Fernandes**



ILETS coaching completed

**Mrs Jeyalaxmi**



Completed an online course on "Introduction to systematic review and meta-analysis" authorized by Johns Hopkins University and offered through Coursera.

# Faculty Achievement

- Best Oral Paper Award on the effect of Comprehensive Nursing Intervention Programme (CNIP) on anxiety, fatigue, self-efficacy and quality of life in patients undergoing CABG surgery during the International Conference on 24 November 2018 held at Institute of Nursing Sciences, KLE University, Belagavi, Karnataka.
- Distinguished Alumni Award 2018 from Sri Ramachandra University during the Founder's and University day celebration on 18 September 2018 held at Sri Ramachandra University, Porur, Chennai.
- Best Oral Paper Award on the effectiveness of reflexology on anxiety of the patients undergoing cardiovascular interventional procedures: A quantitative systematic review and meta-analysis of randomized controlled trials during the International Conference on 10 December 2018 organized by College of Nursing, Krupanidhi Group of Institutions, Bengaluru.



**Dr Ramesh C**

- Secured first place for the Oral presentation on “Head and neck Cancer specific symptoms of patient receiving radiotherapy” during the National conference on QUANT-QUAL on 20 and 21 February 2019 at Laxmi Memorial College of Nursing Mangalore.
- Secured first place for the Poster presentation on “Impact of Procrastination on academic stress among undergraduate nursing students” during the National conference on QUANT-QUAL on 20 and 21 February, 2019 at Laxmi Memorial College of Nursing Mangalore.



**Mrs Shalini G Nayak**

Received consolation prize in “Yoga Photo Competition” on occasion of International Day of Yoga 2019, organized by Division of Yoga, Centre for Integrative Medicine and Research (CIMR), MAHE, Manipal on May 04, 2019.



**Dr Malathi G Nayak**

Received second prize in the Quiz competition conducted by Kasturba Hospital Manipal, during the Seminar on ‘Infection Prevention’ on 27th October 2018.



**Mrs Jackline Prathibha**

# Faculty Achievement

Secured second prize in poster presentation conducted by Hospital Infection Control Committee (HICC), KH on WHO Hand hygiene day 2019



**Mr Vinish V**

Won First Prize / Best Poster award in Scientific Paper during the International Conference on Voyage towards excellence and advocacy in December 2018. In Kripanidhi College of Nursing, Bengaluru.



**Mrs Soumya Christabel**

## Research Grants

Effectiveness of first aid care package (FACP) on knowledge and quality of first responders care provided by rickshaw drivers on road traffic accident victims by ICMR



**Mr Vinish V**

Co PI: Establishing a cross-disciplinary Partnership to Explore Women's Everyday Experiences and Infrastructural Challenges of Healthcare Systems in Relation to Maternal and Neonatal Health to Scope Opportunities for Digital Health Technologies in the Global South. University of Leicester.

Healthcare Systems in Relation to Maternal and Neonatal Health to Scope Opportunities for Digital Health Technologies in the Global South 2019



**Dr Judith A Noronha**

## Travel Grant

- Received a travel grant from Campbell Collaboration and George institute of Global Health India for presenting "A protocol on the evidence of social protection interventions in low and middle income countries: an evidence and gap map" at Delhi from 10th to 12th April 2019.
- Received travel grant from Global Development Network (GDN) to attend the workshop on 'Search Strategies' conducted by Cochrane Library UK and organized by Campbell Collaboration at New Delhi from 17-21 June 2019.



**Dr Latha T Bhat**

# Loneliness

### Feeling lonely

My heart beats to be with you  
My mind is not all far from you  
But in a dark room, it is tight  
To be without you ... your soul.

Feeling lonely is only because you are not here  
To hold my hand close to your heart.  
But I always feel like you are here with me  
That makes my mind fill with love.  
To be lonely in a room is to be in a heart,  
But sometimes, it makes me hate myself.  
When I look into your eyes, it creates a pleasure  
That makes me feel like I am close to you  
Even when you are far from me or  
If you are a 100 miles from me.  
I need only a minute for me from you  
to say the three golden words,  
I love you.



**Jesna James**  
I Year BSc Nursing

## আঁধারে আলা

এনেছো তুমি যন্ত্রণা, বেদনা ।  
নয় কোনো দিন ভালোবাসা ।  
সৃষ্টি নয় শুধু মৃত্যু চাও ।  
এটাই তোমার মনের আশা ॥  
তুমি নিষ্ঠুর , অত্যাচারী-  
নেই তোমার নরম হৃদয় ।  
তুমি জ্ঞানহীন শোষক-  
খুব কঠিন, লজ্জাহীন নির্দয় ॥  
ঘন অন্ধকার এনেছো তুমি ,  
অন্যায়ের গভীর থেকে ।  
বিশ্বাস্ত কে বিশ্বাস্ত করেছো তুমি,  
সবাই কে পাশে রেখে ॥

তবুও ভাঙতে পারেনি আমাদের আশা  
কম হয়নি আমাদের ভরসা।  
তাই বলেছি বারবার,  
এসো না এই পৃথিবীতে আর ।  
পৃথিবী তে নেই দুর্বলতা আর-  
নেই কোনো হতাশা, নেই কোনো অন্ধকার



**Mrinmoy Maiti**  
I Year BSc Nursing

# Are We Safe?

## **“Are we safe?”**

This is the question that haunts me every time I walk out of my house. The times I leave the warmth and protection of my house and step out into the real world, I feel scared. All of us fear the outside world and the unknown dangers, do we not?

**We are scared of the horrible looking stranger, who sits outside the house staring at us every time we step out.**

**We are scared of the cab drivers who try to be overly friendly with us.**

**We are scared of every single stranger walking behind us on dark roads.**

**But, why is that so????**

We were never taught to be scared by our parents, but by our society. Yes, it is the society we live in that scares us. Every time I open the newspaper, more than 50% of the articles cover cases of rape, murder, abduction, molestation, kidnapping and so on. That is what scares us, the fear of being kidnapped and molested or trafficked.

It may sound absurd, but today, human trafficking is considered as a very profitable trade. Human trafficking means trade in humans, most commonly for the purpose of sexual exploitation, organ extraction including surrogacy and ova removal, or for providing a spouse in a forceful marriage. One cannot imagine the depth of inhumanity and torture suffered by their trafficking victims, especially women. The way they are tortured and forced into prostitution and the trauma they undergo when they try to run away is unbearable. It is also shameful to know that some women themselves are a part of the trafficking community. They have no feelings. It is next to impossible to run away from the clutches of human trafficking; but still, if someone is able to free themselves from it, the scar still remains and they are never able to get back to their previous life, their happy life.

## **Who is responsible for this?**

It is again the very society that we live in. No one is ready to accept her back. She is taunted, and even if she manages to get back to herself, she is forced to bow down. They make such victims' lives even more miserable than they were before. Thus, we can never really say we are safe.

**“Unless society changes its attitude and takes a pledge to secure every woman, we can never be safe.”**

By writing this article, I am not blaming anyone, but I want to spread awareness on this topic, so that people who are involved



**Ankita Pal**  
I Year BSc Nursing

# Mandela Effect

## **Mirror, Mirror, on the wall; who is the fairest of them all?**

Although many of us remember the awful wild witch from Snow White, how many of us remember the phrase she kept repeating while looking at her beloved friend: “the mirror on the wall”? How many of you would be taken aback if I said that the actual phrase was -

## **“Magic mirror on the wall”; who is the fairest of them all?**

With this mind-blowing fact, I would like to open the windows to a mysterious world – probably an existent parallel universe. That is exactly what I would like to mention today in this article: **The Mandela Effect**.

Mandela is the phenomenon of false memories. It is how the brain unconsciously creates a recollection of past events that are so true and real that the people who explain them refuse to accept evidence to the contrary.

The loss of Nelson Mandela in 2013, the dynamic president of South Africa who bravely led the country out of the hands of cruel white leaders, was a tragedy felt all around the world. However, would you believe me if I told you that there were groups of individuals, including his fellow freedom fighters, who believed Nelson Mandela had passed away a long time ago, not in 2013.

This form of collective misremembered common events or details first emerged in 2010, when people all over the internet believed that Nelson Mandela was dead; in reality, he was alive at that time. So yes, this is the mystery of the Mandela Effect. How could random groups of people from random poles of the world have the same memory of the same incident when, Nelson Mandela was very much alive.

Memory is a mystery. There are a lot of psychological and social factors that can destroy and disrupt the collection of memories of a past reality. As for me, it remains a mystery.

Hence, I want to ask all of you if the past is a mystery or the future is a mystery. Why are we so regretful of the past and remindful of the future? No one has an answer.

Let us not dwell in the past or skim through the future. Let us focus on reality, the present.



**Vinita Monis**  
I Year BSc Nursing



# Choote Huve Panne, Firse Jud Gaye

**“Zindagi . . . milke bitayenge, haale dil . . . gaake sunaayenge, hum to . . . saat rang hai, yeh jaha . . . rangeen banayenge”**

Ayese hi dekhte dekhte humne hamari zindagi ke 20 saal guzaar diye . . . aj hum aap sabko hamari zindagi ke wo ek khoosurat pal se nawazenge . . . ethni saal ke experience se hum yeh toh bataa sakte hai ki, **“ZINDAGI EK TRAIN HAI”** . . . Hamei hi patha nehi chalta kaha konsi platform mein “kon utar gaya?,” “kon chad gaya?”. . . shayad koi predict nehi kar sakta ki, kon yeh hamari train ki raftar pakadkar hamare saath poori zindagi bhitayega.

Yeh undhino ki kahani hai, jab hamari Zindagi ki trainne MDRS school ka safar shuru hi kiya tha . . . since hamari first batch thi, normally sabhka first experience tha . . . humko sambalne wale teacher ko leke school aur hostel ki saari chizo tak, sabhko yeh naya sa tha . . . un dino adjustment karte karte anjane se naye dost mil gaye the . . . 10 logonse shuru huyi wo school . . . dekhte dekhte saal guzar gaye, hamare juniors aate gayen . . .

Since undino mei padayi me achi thi shayad isliye teacher ne muje ASPL banadiya . . . uske baad to hamare sar me do seeng achuke the . . . Sab log thodi bohoth hamari baat mante bhi the . . . SPL Raghu ko banadiya mam ne . . . Raghu, Vijay aur Nikilesh undhino bohoth pakke dost the . . . ayese lag raha tha theeno ek doosre keliye bane ho . . . swabhaav se theeno ek jaise, shaanth . . . mujhe ek tarah se pareshan karne vala ek hi tha . . . wo tha Arogya(Aru) . . . ek daam apne naam se opposite. . . use clean rehena jaise pasand hi nahi tha . . . isliye sab usse Anarogya bulate the . . . hamari baat manna jaise usse allergy sa tha . . . aakhirme usse humari baat ko manna hi padta tha kyunki order koun!!! hum derahe the . . .

Zindagi me sab kuch tha, bus mera koi bhai nahi tha . . . ek pyaari si behen to thi . . . bus dil ke ek kone mein, ek bhai ka laad, pyaar ki hameisha kami mehsoos hoti thi . . . Tabhi, is safar mein Akshay mil gaya . . . sab juniors muje AKKA(Didi)

hi pukarte the . . . jab wo log aeise pukarte the to ajebsi kushi hoti thi . . . pehele pehele, Akshay se ya uske behaviour se bohoth chidhti thi . . . ek din mam ke kehene par, teacher day ka hum dono ne saath me preparation kiya tha . . . un dino se shayad dono ne ek dusre ko samajte samajte wo hamara accha bhai cum dost bana.

Hamare class mein muje milakar teen ladkiyaa thi. Divya aur Reshma. Dono ek ek tarah . . . ek almost hamesha rothi thi; doosri thodi masoomsi pagal thi, undino hamare best friend mere juniors hi the. Smitha, shayad wo ladki hai, jisse normally mein almost har baat share karthi thi . . . Smitha aur Akshay ke beech mein hamesha jagda . . . mein beech me fas jathi thi.

Smitha, Arpitha, Kavya, Sowmya, aur Deepashri yahi log se mein kuch zyadha hi close thi . . . dil ki baten bohoth jaldi fisal jati thi inke saamne . . . in sab ache logo ke beech me hamara ek DUSHMAN bi tha wo tha Aneesh!.Usse to mein nafrath hi karthi thi . . . Muje, insabko, aur bhi bohoth saare bacchoko ko samhalne keliye ek farishta tha Pushpa Aunty . . . mere liye to wo farishte se kum nahi thi . . . ek maa ki tarah har bacche ki dekhal karti, unki baat sunti, kya sahi hai? kya galat hai? hum baccho ko samjathi thi wo . . .

In logon ke saath dekhte hi dekhte kaise do saal guzaar gaye patahi nahi chala. Agle hi station mein maa, papa chadkar bole, “bohoth huva hostel, humare saath raho!” Jab yeh bat suni to mein bohot royi. Ithni himmath nahi thi ki parents ko mana kar doo aur sab logonko theek tarah se alvida bhi nehi kehe saki, yeh bhaari dil ko lekar safar to shuru kiya high school ka; bus in logon ki bohot yaad ati thi. I hated my high school life; I missed my old buddies a lot . . .

High school ki is safar mein shayad ek hi life long gift mila tha aur wo Nimisha thi . . .when I was with her, I felt as if I am with my childhood buddies. From 9<sup>th</sup> till now she is the one, jo mera har haal me saath deti, mere saath khadi hoti, hostel chodne



ke baad bhi Akshay aur Pushpa aunty se wahi purana rishta nibhathe huwe, ek baar parents ko bohoth request karke Pushpa aunty ke saath hum MDRS ki school day gaye, sab log bohot khush the, aur shayad busy bhi the, so could not talk with them so well . . . aur ek tarah se sab kuch bohot badla bhi tha . . .

Train ka safar aage badthe huwe college life shuru ho gayi. Undino Akshay aur Pushpa aunty se bhi khaas baat nahi hoti thi, dekhte hi dekhte un logon se baaten hi chut gayi. Bohot koshish ki Akshay, Pushpa aunty, aur baaki sabke contact number lene ki, lekin sab koshish bekar gayi, fir bhi train nahi ruki. Bhaari dil lekar, raah toh karli puri par muskhiil ke samay me aunty ki bohot yaad aati thi. She was my guide . . . missed her a lot . . .

Bohot utaar chadhav ke bad zindagi me, meine finally found my goal . . . that was BSc nursing. Peheli baar apne khushi se meine yeh safar shuru kiya . . . acche dost bhi mile. Never thought I would get my childhood buddies back. Achanak se, FB se Arogya ka contact mila, baad me Raghu, Vijay, Nikilesh, Smitha, Arpitha, Kavya etc.... I can't

believe they are now in my life! It is the best gift ever I got . . . aur khushi hai ki aj bhi vahi purane jaisa hi bonding hai. Kuch bhi nahi badla . . . aj bhi Arogya se jagda hota rehethe hai; aj bhi Smitha ke samne har dil ki bath fisal jathi hai; aj bhi Vijay aur Raghu shaanth swabaav se meri baat sunte hai . . .

Zindagi ki is safar me mujhe yeh samaj zaroor aya ki, "Agar kismat mein kisi se milna likha ho tho, kisi bhi halat mein wo log milkar hi rehethe hai". . . To yeh rahi humari kahani . . .

**Destiny can never be changed....**



## Shayad Yahi Jeevan Hai

Shayad yahi jeevan hai,  
Kabhi khushi ki baarish,  
Kabhi gam ka pahad,  
Kabhi kabhi sundar,  
Kabhi kabhi phiki,  
Shayad yahi jeevan hai,  
Kabhi yeh khushiyon ka bhavan hai,  
Kabhi yeh gamon ki bandhan hai,  
Jab andhera hai, hum sirf

Ye sochte hain ke bohot andhera hai,  
Hum yeh kyun bhool jaate hain ki,  
Subhah thodi hi der mein aane waali hai,  
Shayad yahi jeevan hai.



**Amritha Vasanth Kumar**  
I Year BSc Nursing

# How to Achieve Your Goal



(collection)  
**Yashoda Sathish**  
Assistant Professor,  
MCON, MAHE, Manipal

# Whispers of the Heart

“The best and the most beautiful things in the world that cannot be seen, or even touched. They must be felt with the heart.”

This is said by a great person who had proved it to be true through her own experience. She defeats her disability and lived like a princess in her life. She is none other than Helen Keller.

Every life is a fairy tale written by God's hand. Every one of us would like to have a fairy tale life, but we only concentrate on a single element – living happily ever after. But, how many of us, are happy with our own lives and do what we really like? In this era, the answer to this question will be “No” for many people. Everyone is running behind their career, money and properties.

Nobody has time to listen to the sound of their heart.

Today's generation dreams about one life and lives another. When it comes to the natural life they are content to listen to others, who they are surrounded by, but not to their own heart. But the fairy tale life we dream cannot be achieved if we live like this. If we want to attain happiness, we can only do so by doing what we really like to.

So, listen to your heart, and be the Prince or Princess of your own fairy tale.

**Sona Treesa Sunny**  
II Year BSc Nursing

## Moments

Just like every sunrise brings every new day,  
It brings joy sometimes,  
In the most uncertain way.  
That first day,  
we were all strangers,  
but in the end, we all came together.  
Do you remember  
I said this will never be the same  
I wish we had a photo together

It would be the best picture ever.  
It was a year of togetherness,  
with memories of foreverness.  
Sun sets but only to rise again  
Memories in my heart will stay till the end.

**Ancil Hanston**  
III Year B Sc Nursing



# Life

Here I open my eyes,  
Seeing the chance, I didn't take.  
I'm whispering to another me,  
Or maybe just myself,  
Whom I wanted to be.

I can only see the chances I didn't take,  
But now I know, It's time.  
You are never giving up,  
On this magic called life.

Yet, here I am.  
I got another chance for life  
It's what you want,  
I can see it in your eyes.  
Be bold, be wrong, take risks;  
For this is what you're living for  
Go wrong, because tomorrow you'll be right  
But now I know, It's time.  
You are never giving up,  
On this magic called life.

# My Dream

My dream, my dream,  
A lot to conquer thus,  
Like a fast-flowing stream,  
Like the tallest tower, but a little less.  
Let me pass my night,  
To gain my future,  
And my desire is might,  
And a lot to nurture,  
And when I achieve,  
I fly above all.  
And you have to believe,  
My poem will never fall,  
My dream I live,  
My passion I enjoy.  
My passion enlightens my way,  
And above all in it believe  
All I have to say.  
In my dream I live.

**Liana M Wilson**  
III Year BSc Nursing





## Dear Future Generation, Sorry!!

### Dear future generations, SORRY!!

Sorry that we left you with this foul smell, instead of the heart filling odour which would have spread by the rose or the Jasmine flower...

Sorry that we left you with these polluted rivers, instead of the pure environment. Sorry that we converted the once heaven to hell...

Sorry that we took down all the beautiful sources of life  
- the trees...

Sorry that we left with this havoc, instead of the beautiful sights you would have got see...

Sorry for destroying each beautiful thing in this world...

What was it for? It was for our **GREED!** For a paper note which people call "**MONEY!**"!

## Mind Street

Pale colours drop onto canvas,  
Via my tensions.

They travel upon the flat white field.  
And make scars of blue crystalline patches  
Grow from the pot of yearning dreams.

For those who try  
To break the chandelier,  
"I will paint them black"

I'm driving out of fused confusion,  
Laying my head on purple pillow cases.

**Liana M Wilson**  
III Year BSc Nursing



# Cricket The Great Uniting Factor

**Craze, courage, fantasy, win and the list goes on of words that have found entry in the cricket lexicon.**

Not long ago we were ruled by the British, who had a profound impact on our lives and soul. They ruled from HIMALAYAS to the INDIAN ocean and from HINDUKUSH to the BURMA HILLS, such was their impact on every walk of our lives, that we agreed to all that was ENGLISH, from wardrobe to cuisine and from language to hobbies, no wonder our sporting choices were also decided by English flavour. Cricket as we know today in INDIA was not the same always. THE NEO RELIGION that it has become today has come a long way. Traditionally, Indians played kabaddi, wrestling and hockey as sporting activity, but the great success and significant personalities added to the 'aura' of the game.

Who in INDIA does not know TIGER PATAUDI or SIR RANJITSINJI- THE MAHARAJA OF NAWANAGAR who played for CAMBRIDGE UNIVERSITY. None can pledge ignorance to THE LITTLE MASTER - SUNIL GAVASKAR or for that matter THE MASTER BLASTER - SACHIN TENDUKAR also known as THE GOD OF CRICKET. The great leap forward came when India an underdog lifted the world cup trophy in 1983 by decimating the mighty WEST INDIES team under the charismatic KAPIL DEV as the leader of the flock. Today MS DHONI, YUVRAJ SINGH, SEHWAG, GAMBHIR have become household names. The

amount of respect and popularity these cricketers have in command is seen in the fact that, even state officials call upon to see if they could help in popularizing various schemes of government agencies. All said and done, no amount of welfare measures done by the BRITISH RAJ can undo the damage they have inflicted on our economy and national pride. One thing though stands in complete contrast, i.e. cricket - the only legacy of the RAJ which united us as a nation against all linguistic, caste and regional barriers in a country as diverse as ours.

The icing on the cake was winning the T20 crown by our own very dynamic captain cool MS DHONI. The 2007 cricket competition was won by a very raw and inexperienced team who did not even have a regular coach. The success brought the advent of new era in CRICKET, the sporting community at large got more recognition and opportunities when IPL was announced. For the first time in history, cricketers were auctioned for extravagant prices, teams were created, private players started investing money and resources in sports, which had never happened in INDIA. Big money brought more ideas, better investment in infrastructure and better talent nurturing. The success of IPL propelled other sporting disciplines to invest more and start leagues of their own. Thus, a sleeping giant like INDIA started realizing its potential in various sporting activities. ISL for football, pro kabaddi league and leagues for wrestling, badminton and various other games and sports.

With great success comes greater responsibilities- says the SPIDERMAN in his epic movie so was the case with IPL and cricket administration, greedy people made it a dishonesty machine for minting money. Match-fixing and other administrative irregularities were reported, and the government had to finally take a wakeup call. THE GOVERNMENT OF INDIA finally appointed THE LODHA COMMITTEE in January 2015 to investigate all kinds of irregularities in the cricket administration under the BCCI.

Indian spectators and fans finally got their due and drastic changes were suggested and the LODHA



committee which are now praised by one and all. No amount of words can express the love and adulation Indian cricketers receive in INDIA and subcontinent. Today, every growing kid aspires to become MS DHONI or a SACHIN TENDULKAR, even parents want their wards to grow up to be a successful personality like GAMBHIR and SEHWAG.

SUCH IS THE POPULARITY OF CRICKET IN THE SUBCONTINENT THAT CRICKET AND ITS APPRENTICES WERE HARBINGER OF PEACE BETWEEN ARCH RIVALS INDIA AND PAKISTAN.

**LONG LIVE CRICKET . . . LONG LIVE OUR CRICKETING HEROES . . .**



**Anand Upadhyay**  
I Year BSc Nursing

## **A Mind All Logic Is Like A Knife All Blade, It Makes The Hand Bleed That Uses It Or Stop**

We live in a world run by beliefs and values, intelligence and emotions, where one runs on either or lucky enough to find a balance between them. I believe one could change a mind and behaviour if proven wrong on an entirely logical decision that is made.

I once tried applying Biblical law to my belief systems, alas! It was logical to apply all Biblical law—because it is the Mandate of God. And I tried to stick to Leviticus, but I found myself in a difficult spot living in the modern world. I found myself in constant conflict with applying pure logic to this choice, as I was marking a binary decision that Leviticus is either the infallible word of God, or the fallible word of man. If I had to accept either of those choices, my worldview has been adjusted and I have bled. If I continued to eat bacon while condemning homosexuality as an abomination, then while I may have tried some logic, my knife handle was still emotion not logic. Just as much of such a thought process, every area of life is susceptible to emotion and illogic including science.

I would suggest a knife with both the handle and the blade. If the knife does not have any one in this, it does not work or help us. This tells one that the mind needs both logic and imagination. If a mind does not

have either of them, it results in incomplete functioning of a sensible mind suggesting a knife with only blades, hence, hurting the hand of a person who holds it. And this would mean that if there is only logic, there is no imagination, it would kill the creative thinking of a person.

A mind working on logic without humane values such as compassion, sympathy, empathy, care, respect, love, etc. is exactly like a sharp knife that will cut all those who will mishandle it. Without the above-mentioned values human mind becomes evil. In place of the good values, it operates under the influence of nefarious and immoral tendencies such as greed, malice, jealousy, hatred, selfishness, etc., which always harm others and give deeper cuts than a real knife. In conclusion, we can say that we must not carry the sharpness of cold logic in our minds only, we should call the warmth of love and compassion in it too.

Rise and shine mankind.

**Yeshi Lhamo**  
II Year PBBSc Nursing



# A Tribute To The Victims Of Flood

Here comes the pleasant rain fall,  
Drizzling peacefully.  
A happy face brought on farmers' showers,  
All dirt and dust.

Then it got abundant, beyond limit.  
None have welcomed it  
We haven't gotten control over it,  
And it got worse

We haven't gotten control,  
Over the precious life we are blessed with,  
Over the materials earned with sweat,  
Over the houses built through the ages.

Children are crying,  
People are dying,  
People have no home.  
People starve.

I pray for the lungs not breathing.  
I pray for the broken heart.  
I know there is sunshine behind that pain.  
I know there are good times behind that pain.

**Tom**  
III Year BSc Nursing





# Blood Donation And AIDS

What does a human require most in life? It is the help in an emergency that could save their life. It is something other than food or water that can sustain a human. It is nothing other than blood. The most heavenly help to a human being would be timely blood donation. When a patient in critical condition receives blood, he or she ultimately views the donor as a heavenly messenger from God!

All these donors must be appreciated in society for this and that is the reason we celebrate June 14<sup>th</sup> as “World Blood Donors’ Day”. But the fact must be noted that there are few in society<sup>2</sup>, who put on the Devil’s mask and donate blood imitating a white angel. These people are the root cause of a deadly disease called “AIDS” which has plagued humans for many generations. AIDS is a disease caused by the HIV virus which can be transmitted by blood transfusion. There may be cases where HIV immunocompromised people go undetected, as these symptoms take time to show up.

However, it would be too late, which would cost the victims’, as well as their loved ones’ lives.

The main preventive act that can be taken is educating the society about health promotion and prevention acts against AIDS, which includes unprotected sex, blood transfusion, usage of injection syringes,

etc. People must have timely checkups with their physicians in case they violate any health promotion acts or feel that something is wrong with their own body.

Burn the devil in you and do not carry on with such acts. There are people who transfuse blood after being detected as HIV positive. The worlds’ scientists continue to make innovations in the future, we can hope to live on a planet where AIDS is eradicated. The strength of humans depends on ourselves. It is solely our own responsibility to safeguard its resources. Do not let your misinformed actions wipe off the innocent smiles of many because a day will arrive when you will be rewarded for it.

Also remember to think of the HIV infected patients, especially on days like “World AIDS Day”.

Let the gifts beautifully created by God, that is, human’s, help their fellow beings to live longer and happier in this so-called heaven known as Earth.



**Sandra Mariam Jacob**

I Year BSc Nursing



# As We Come Undone

Green valleys, blue lakes, Rocky Mountains, and  
snowflakes

Stood in glory, no matter what the time unmake.  
Beaches, sand, shells, and waves they have seen;  
Have stood by each other through the ages  
To view and witness many tales  
That we may tell as fairy tales and fables.

The sky stands erect as Atlas never wavers;  
Withstands all the many and many more dangers.  
Never denying its yearning to meet the Earth,  
but still decides that you and I are worth  
The pain of never letting go of the Olympians' oath.

Mountains teach us a grave lesson;  
To not give up is our decision.  
No matter what the world keeps saying,  
To stand erect and say "NO" to the lesser,  
The thoughts of all and their confessions.

Sea so wide, calm and serene  
Teaches us that it can be keen.  
To be the storm that we may not have seen,  
To all who do not bow to the rain.

But as time passed, these pillars of nature  
Are ambushed, pillaged, and pulverized by  
poachers,  
Who they themselves who had earnestly pleaded,  
To be the keepers of the garden.  
Nature cried and wailed, but to no avail.  
Nobody to listen or to hear her cries.  
None to wipe to tears off  
Or to tell her that it will be OK.

Filled with remorse and anger and wrath,  
It brought down all built upon it.

Forgotten she had not,  
Of all of Man's vivid jails.

Uprooted all the creations,  
Which creatures of creation created.  
Unforgiving acts of destruction,  
Brought about unforgettable destruction.

Plundered, helpless, homeless,  
Man had been brought to where he came.  
The sea, the rain, the mountains,  
Had witnessed it all again.

All of this had to happen,  
And mayhem and chaos had to reign,  
To teach the most important lesson,  
That which Man keeps on forgetting.

Mother should never be brought to tears.  
Never should she be caged and shackled.  
For when Nature cries for Man's actions,  
Man must reconcile.

**Christina John**  
IV Year BSc Nursing



# The Weeping Nature

“I am being drowned in sadness.  
I am being hurt by my children.  
My eyes are filled with tears and my body is aching,”  
Cried the helpless Mother Nature in vain.

“I loved the children with no boundaries,  
Motherly heart of mine being the purest.  
I gifted my belongings with no complaints,  
Never ruled by selfishness indeed.”

“Oh, my children! Why do you hurt me?  
Using me, ever with endless greed.  
The love of mine had been caring for you.  
The needs of yours have been killing me!”

“I shielded you when my children were awake,  
Gazed at you as you were deep in sleep.  
Weather and woods were your friends.  
The words of mine balanced everything.”

“The sparkling eyes of mine are dull now.  
My vision is blurred with my eyes filled.  
The ones that looked you over,  
Getting shut with no more affection.”

“You suffer much, my children, I know!  
Your mother is weak and helpless.  
Be kind enough to my pathetic life,  
For my children bring in good fortune.”

“Never-ending with the chaos I create.  
Not with purpose do I cause them.  
Care for me, my children, with love.  
The weeping mother of yours is here!”

**Amala Tressa Martin**  
II Year BSc Nursing



# Tech -No-Logy

Mobile has become an integral part of our lives. I have my doubts on whether is it like oxygen supply to us???

As I have heard many young people saying, '**we can't live without mobile even for an hour.**'

It is a known fact that we live on oxygen but by observing people around, my thinking is been subjected to change may be its not oxygen, it is mobile. All of us have become slaves of this small gadget.

**Mobile - Artificial pacemaker where one cannot live without it.**

Let's see some of the instances in and around that I have noticed ...

In my small village, I see the mobile phones play a vital role in all aspects of one's life. There was a person, who used to come once every three months to pluck coconuts without prior information, but now times have changed; now it is a big deal for him. My father calls him several times, most of the times the tone is engaged, if by any chance luckily it gets connected then we are supposed to make an appointment with him. Now the time has come to such a state where we are taking appointments even with those we need not take in advance. Koosappa, the one who plucks the coconuts, will decide the date and time over phone. If my father requests another date, Koosappa tells my appointment is full on that day, we should schedule for another day.

Fish sellers are also catching up to technology. I can see in the markets, all old fisher women on tiny mobiles, also fish is now sold online. At my hometown we receive a call, the seller will tell the name, number, price and approximate size of the fish over the call. No chance of bargaining. Everything is decided without seeing the fish. This Fish will be delivered home, if you say 'yes' to the order placed.

Once the fish is delivered, you will come to realize the name and number of the fish is right, but the size no-where matches the description. But we should be satisfied at least we got it, right!!!

Another example is during the Sunday mass, we go to pray at church, as sermon starts you can hear different ring tones from various phones. Few do not even know how to put it in a silent mode. Our priest says, 'please learn how to pick call quickly or to shut down fast.'

Nowadays, kids are so smart, any homework given to them; they do it with help of their friend 'Google'. We can say that it has reduced their burden or increased by making their life easier.

I have seen at many restaurants people celebrating friendship, but all lonely smiling to themselves with their mobile phone. They do not even enjoy the taste of food, we can see that- spoon in their mouth, mobile in their hand, mind on it, do not even know what they are eating, unaware of the surroundings.

I feel I am still not well versed with this tiny device, seeing senior citizens well versed I feel ashamed. In today's world we see children are more well versed in using mobiles. I cannot differentiate whether it is a boon or a bane that mobiles are in our lives!! I do not want to say it is bad, but if we use it properly and not depend on it entirely, our lives can be made a lot easier and be blessed.



**Mrs Charlet Jasmine Vaz**

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# Challenges Of A Nurse Being A Mother And A Dedicated Health Professional

It is a known fact that mother plays a very crucial role in the upbringing of the family. Moreover, by virtue of a mother being a female, she has the inherited qualities of unconditional love and caring for her children and the entire family. Even without undergoing nursing profession, mother is considered to be a nurse.

There are many situations when nurse's gets stressed out with their job. Seeing the patients under her care getting deteriorated is a disheartening situation for any nurse. Also, at times when the family members of the dying person are going through the grief process, the nurses feel helpless because the stipulated duty timings with the work assigned to them makes them get bound to their routine care for other patients or caring for another patient who is requiring critical help at the same time. Another challenging situation for the nurse comes when her own family member is admitted in her area of work. Most of the time, the situation makes her remain unanswerable and emotional when it comes to the explanation of the treatment process which her family member is going through. With all this psychological agony, the nurses may have to keep their emotions under control and see that the other patients under her care do not suffer. This happens mainly with the nurses because the nurses are the ones being at the bedside of their patient's the maximum time. The staff shortage and the duty timings of the nurses may not allow them to have their food in time whereas she will be feeding her patients through Ryles tube/assisting for their nutritional needs. Nurses when they do the night shifts, they are sacrificing a lot for their patients compromising their own family needs. The mother who has a small baby to be fed by her at home may

have to assist another mother at her work place to feed her baby. The International nurse's day theme 2019 is rightly addressing the area of 'Health for All'. It is my strong opinion too that the health of the nurses is very crucial for the better health outcome of the patients whom she is nursing. Ultimately, this will bring an improvement in her job satisfaction and in turn she can bring that peace to her family for whom she is ultimately living her life.



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# ಆನ್‌ಲೈನ್ ಶಾಪಿಂಗ್

ಇತ್ತೀಚಿನ ದಿನಗಳಲ್ಲಿ ಆನ್‌ಲೈನ್ ಶಾಪಿಂಗ್‌ನಿಂದ ವಸ್ತುಗಳನ್ನು ಖರೀದಿಸುವವರ ಸಂಖ್ಯೆ ಹೆಚ್ಚಾಗುತ್ತಿದೆ. ಮೊಬೈಲ್ ಬಳಸುವವರು ಹೆಚ್ಚಾದಂತೆ ಇಂಟರ್‌ನೆಟ್ ಉಪಯೋಗಿಸುವವರು ಹೆಚ್ಚುತ್ತಿದ್ದಾರೆ. ಆನ್‌ಲೈನ್ ಶಾಪಿಂಗ್ ಮಾಡುವವರಲ್ಲಿ ಇಂಟರ್‌ನೆಟ್ ಅನ್ನು ನಿಯಮಿತವಾಗಿ ಬಳಸುವವರು ಒಂದು ರೀತಿಯಲ್ಲಿ ಆಕರ್ಷಣೆಗೊಳಗಾದರೆ ಬಳಸದ ಇರುವವರದು ಇನ್ನೊಂದು ರೀತಿಯ ಅನುಕರಣೆ. ಯಾವಾಗಲೂ ಅಂತರ್ಜಾಲದೊಳಗಿರುವ ನೆಟ್ಟಗುರು ಒಮ್ಮೆಯಾದರೂ ಆನ್‌ಲೈನ್ ಶಾಪಿಂಗ್ ಮಾಡದೇ ಇರಲಾರರು. ಅವರು ಬ್ರೌಸ್ ಮಾಡುವಾಗ ಅಲ್ಲಿ ಬಂದಿರುವ ಆನ್‌ಲೈನ್ ಮಳಿಗೆಗಳ ಜಾಹೀರಾತುಗಳು ಒಮ್ಮೆ ಅದರೊಳಗೆ ಹೊಕ್ಕು ನೋಡುವಂತೆ ಪ್ರೇರಿಸುತ್ತವೆ. ಹಾಗೆ ಸುಮ್ಮನೆ ನೋಡಲೆಂದು ಹೋದವರಿಗೆ ಎಲ್ಲವೂ ಇಷ್ಟವಾಗಿ ಕೆಲವೊಂದನ್ನು ಕೊಳ್ಳುವ ಬಯಕೆಯುಂಟಾಗುತ್ತದೆ. ತೀರ ಅಗತ್ಯವಿಲ್ಲದಿದ್ದರೂ ಯಾವುದೋ ಬಟ್ಟೆ, ಇನ್ನಾವುದೋ ಅಡುಗೆಮನೆಯ ಉಪಕರಣ, ಮತ್ಯಾವುದೋ ಬೆಡ್ ಶೀಟ್ ಬೇಕೆನಿಸಿ ಅದನ್ನು ನಾವು ಬಯಕೆಯ ಬುಟ್ಟಿಗೆ ಹಾಕಿಯೇ ಬಿಡುತ್ತೇವೆ. ನಂತರ ಅದನ್ನು ಕೊಳ್ಳಲು ಮುಂದಾಗುತ್ತೇವೆ. ಇದಕ್ಕಾಗಿ ಎಲ್ಲರಲ್ಲೂ ನೆಟ್ ಬ್ಯಾಂಕ್, ಡೆಬಿಟ್ ಕಾರ್ಡ್ ಇರಲೇಬೇಕೆಂದಿಲ್ಲ. ಆ ತಕ್ಷಣಕ್ಕೆ ದುಡ್ಡು ಕೊಡಬೇಕೆಂದೂ ಇಲ್ಲ. ಕ್ಯಾಶ್ ಆನ್ ಡೆಲಿವರಿಯ ಅಂದರೆ ವಸ್ತು ನಮಗೆ ಸಿಕ್ಕಾಗ ಹಣ ಕೊಡುವ ಸೌಲಭ್ಯ ಇರುವುದರಿಂದ ಅದು ಬಂದಾಗ ನೋಡೋಣವೆಂದು ಆರ್ಡರ್ ಮಾಡಿಯೇ ಬಿಡುತ್ತೇವೆ. ಅಂತರ್ಜಾಲ ಮಳಿಗೆಗಳೂ ಸಹ ಗ್ರಾಹಕರನ್ನು ತನ್ನತ್ತ ಸೆಳೆಯಲು ಎಲ್ಲ ರೀತಿಯ ಪ್ರಯತ್ನವನ್ನು ಮಾಡುತ್ತವೆ. ಕೆಲವೊಮ್ಮೆ ಬಾರಿ ರಿಯಾಯಿತಿ ದರದಲ್ಲಿ ಮಾರಾಟ, ಹಬ್ಬಹರಿದಿನಗಳಲ್ಲಿ, ಹೊಸ ವರ್ಷದ ಸಂದರ್ಭದಲ್ಲಿ ವಿಶೇಷ ಮಾರಾಟ, ಉಳಿದ ಸರಕಿನ ಕಡಿಮೆ ಬೆಲೆಯ ಮಾರಾಟ ಹೀಗೆ ಹಲವಾರು ಆಮೀಷಗಳನ್ನು ಗ್ರಾಹಕರಿಗೆ ಒಡ್ಡುವುದುಂಟು. ಎರಡು ಮೂರು ಅಥವಾ ಅದಕ್ಕಿಂತ ಹೆಚ್ಚಿನ ವಸ್ತುಗಳನ್ನು ಒಟ್ಟುಗೂಡಿಸಿ ರಿಯಾಯಿತಿ ದರದಲ್ಲಿ ಮಾರುವುದು ಉಂಟು.

ಹೀಗೆ ಸುಮ್ಮನೆ ಅವರವರ ಪಾಡಿಗೆ ಇದ್ದವರನ್ನು ಉತ್ತೇಜಿಸಿ ವ್ಯಾಪಾರ ಮಾಡಿಕೊಳ್ಳುವ ಚಾಣಾಕ್ಷತನ ಆನ್‌ಲೈನ್ ಮಳಿಗೆಗಳದ್ದು. ಒಮ್ಮೆ ಆನ್‌ಲೈನ್ ಮಳಿಗೆಗಳ ಒಳಹೊಕ್ಕರೆ ಯಾವುದೋ ದೊಡ್ಡ ಮಾಲ್ ನೋಳಿಗೆ ಹೊಕ್ಕು ಅನುಭವವಾಗುವುದು. ಕಣ್ ಮನ ತೇಸುವ ಎಷ್ಟೋ ವಸ್ತುಗಳು, ನಮಗೆ ಬೇಕಾದ ಬಣ್ಣಗಳಲ್ಲಿ, ದರಗಳಲ್ಲಿ, ಗಾತ್ರಗಳಲ್ಲಿ ಲಭ್ಯವಾಗುತ್ತವೆ. ಸ್ವಲ್ಪವೇ ಕಂಪ್ಯೂಟರ್ ಜ್ಞಾನವುಳ್ಳ ಯಾರು ಬೇಕಾದರೂ ಮತ್ತು ಅಂಡ್ರಾಯ್ಡ್ ಮೊಬೈಲ್ ಬಳಸುವ ಪ್ರತಿಯೊಬ್ಬರು ತಮ್ಮ ಕೈಬೆರಳಿನಿಂದಲೇ ಎಲ್ಲವನ್ನು ನೋಡಿ ಖುಷಿ ಪಟ್ಟು ಬೇಕೆನಿಸಿದ್ದನ್ನು ತರಿಸಿಕೊಳ್ಳಬಹುದು.

ಆನ್‌ಲೈನ್ ಶಾಪಿಂಗ್ ಎಷ್ಟೋ ದುಡಿಯುವ ಮಹಿಳೆಯರ ಪಾಲಿಗೆ ವರದಾನವೂ ಹೌದು. ಯಾವಾಗಲೂ ಮನೆ ಹೊರಗು ಒಳಗೂ ದುಡಿಯುವ ಮಹಿಳೆಯ ಭಾನುವಾರ ಮತ್ತು ಇನ್ನಿತರ ರಜಾದಿನಗಳು ತನ್ನ ಮಕ್ಕಳು ಮತ್ತು ಕುಟುಂಬದವರ ಪರಿಪಾಲನೆಯಲ್ಲಿ, ಮನೆಕೆಲಸ ಮಾಡುವುದರಲ್ಲಿ ಮತ್ತು ಅವರ ಜೊತೆ ಸಮಯಕಳೆಯುವುದರಲ್ಲಿ ಕಳೆದುಹೋಗುತ್ತವೆ. ತನಗಂದು ಶಾಪಿಂಗ್ ಮಾಡಲು ಸಮಯವೇ ಇರುವುದಿಲ್ಲ. ಅಂತಹ ಸಂದರ್ಭಗಳಲ್ಲಿ ತನ್ನ ಕೆಲಸದ ದಿನಗಳಲ್ಲೆ ಆಫೀಸಿನಲ್ಲೋ, ರಾತ್ರಿ ಮನೆಯಲ್ಲೋ ಕುಳಿತು ತನಗೆ ಬೇಕಾದ ಹಾಗೆ ಆನ್‌ಲೈನ್ ನಲ್ಲಿ ಶಾಪಿಂಗ್ ಮಾಡಬಹುದು. ಸಮಯದ ಮಿತಿಯಿರುವುದಿಲ್ಲ, ಬೇಗ ಬರಬೇಕೆಂದು ಹೇಳಿ ಕಾಯುವ ಗಂಡನ ಒತ್ತಡವಿರುವುದಿಲ್ಲ. ಹಠ ಹಿಡಿಯುವ ಮಕ್ಕಳಿರುವುದಿಲ್ಲ. ಮತ್ತು ನಮಗೆ ಬೇಕಾದ ವಸ್ತು ನಮ್ಮ ಮನೆ ಬಾಗಿಲಿಗೆ ಬರುವುದರಿಂದ ನಾವು ಹೋಗಿ ಬರುವ ಸಮಯ ಉಳಿತಾಯವಾಗುವುದು. ಹಾಗೆಯೇ ಮನೆಯಲ್ಲಿ ಇರುವ ಗೃಹಿಣಿಯರಲ್ಲಿ ಆನ್‌ಲೈನ್ ಶಾಪಿಂಗ್ ಸಮಯ ಕಳೆಯಲು ಹಾಗೂ ಮನೋರಂಜನೆಗೆ ಇರುವ ಸುಲಭವಾದ ಮಾರ್ಗ ಆದರೆ ಆನ್‌ಲೈನ್ ಶಾಪಿಂಗ್‌ನ ಅನುಕೂಲದಷ್ಟೆ ಅನಾನುಕೂಲಗಳು ಇವೆ. ವಾರವಿಡೀ ದುಡಿಯುವ ಮಹಿಳೆ ವಾರಕ್ಕೊಮ್ಮೆ ತನ್ನ ಕುಟುಂಬದವರ ಜೊತೆ ಹೊರಗೆ ಹೋಗಿ ಹಾಯಾಗಿ ಕಳೆಯುವ ಆನಂದವನ್ನು ಕಳೆದುಕೊಳ್ಳಬಹುದು. ಹೀಗಾಗಿ ಜೀವನ ಮತ್ತಷ್ಟು ಯಾಂತ್ರಿಕಗೊಳ್ಳುವ ಅಪಾಯವೂ ಇದೆ. ಚೌಕಾಶಿ ಮಾಡುವ ಯಾವುದೇ ಅವಕಾಶ ಆನ್‌

ಲೈನ್ ಅಂಗಡಿಗಳಲ್ಲಿ ಇರುವುದಿಲ್ಲ. ಆ ಕ್ಷಣಕ್ಕೆ ಕೈಯಲ್ಲಿ ಹಣವಿಲ್ಲದಿದ್ದರೂ ನಮಗೆ ಬೇಕೆನಿಸಿದ್ದನ್ನು ಆರ್ಡರ್ ಮಾಡಬಹುದಾದ್ದರಿಂದ ಹೆಚ್ಚಿಷ್ಟು ಹಣ ಶಾಪಿಂಗ್‌ಗೆ ವ್ಯಯವಾಗಬಹುದು. ಹಣ ಖರ್ಚು ಮಾಡಲು ಯಾವುದೇ ನಿಬಂಧನೆ ಇರುವುದಿಲ್ಲ. ಆದರೂ ಮಹಿಳೆಯರಲ್ಲಿ ಆನ್‌ಲೈನ್ ವ್ಯಾಮೋಹ ಹೆಚ್ಚಾಗಿದೆ. ಪರಂಪಾರಿಕವಾಗಿ ವ್ಯಾಪಾರ ಮಾಡುತ್ತಿದ್ದ ಮಳಿಗೆಗಳಿಗೆ ಹೋಗುವುದು ಕಡಿಮೆಯಾಗಿದೆ. ಹಿಂದೆಲ್ಲ ಮಧ್ಯಮ ವರ್ಗದ ಮಹಿಳೆಯರು ಎಷ್ಟೋ ಬಾರಿ ತಮಗೆ ಬೇಕೆನಿಸಿದ ಬಟ್ಟೆಯನ್ನೂ, ಪಾತ್ರೆಯನ್ನೂ ವಾರಕ್ಕೆ ಇಷ್ಟರಂತೆ ಕೊಟ್ಟು ಮನೆಗೆ ಬರುವ ಗಾಡಿಯವನ ಹತ್ತಿರವೋ ಅಥವಾ ತಮ್ಮ ಬೀದಿಯಲ್ಲಿ ಇರುತ್ತಿದ್ದ ವ್ಯಾಪಾರಿಗಳಲ್ಲಿ ಕೊಳ್ಳುತ್ತಿದ್ದರು. ಅವರೂ ಯಾವುದೇ ಗುರುತಿನ ಚೀಟಿಯನ್ನು ಪಡೆಯದೇ ನಂಬಿಕೆ ಆಧಾರದ ಮೇಲೆ ಆ ವಸ್ತುವಿನ ಬೆಲೆಗೆ ತಕ್ಕಂತೆ ಪ್ರತಿವಾರವು ಅವರ ಮನೆಗೆ ಬಂದು ಹಣ ಪಡೆಯುತ್ತಿದ್ದರು. ವಸ್ತು ಕೊಂಡವರು ಅಷ್ಟೆ, ಗುಣಮಟ್ಟದಲ್ಲಿ ಯಾವುದೇ ರಾಜಿಮಾಡಿಕೊಡುತ್ತಿರಲಿಲ್ಲ. ಸ್ವಲ್ಪ ಹೆಚ್ಚುಕಡಿಮೆಯಾದರೂ ವ್ಯಾಪಾರಿಯ ಮನೆಗೆ ಹೋಗಿ ದಬಾಯಿಸಿ ಬರುತ್ತಿದ್ದರು. ಆದರೆ ಈಗ ಎಲ್ಲವು ಬದಲಾಗುತ್ತಿದೆ. ಮಹಿಳೆಯರು ಅಗತ್ಯವಿಲ್ಲದಿದ್ದರೂ ಆನ್‌ಲೈನ್‌ನ ಕಡೆಗೆ ವಾಲಿರುವುದರಿಂದ ಅವನ ವ್ಯಾಪಾರವೂ ಕಡಿಮೆಯಾದಂತಿದೆ.

ಈ ಆನ್‌ಲೈನ್ ಶಾಪಿಂಗ್ ನಿಂದ ಒಬ್ಬೊಬ್ಬರಿಗೆ ಒಂದೊಂದು ರೀತಿಯ ಸಿಹಿಹಿ ಅನುಭವಗಳು ಆಗಿರುತ್ತವೆ. ನಾನು ಹೆಚ್ಚಾಗಿ ಆನ್‌ಲೈನ್ ಶಾಪಿಂಗ್ ಮಾಡುವುದರಿಂದ ಹಲವಾರು ರೀತಿಯ ಅನುಭವಗಳು ಆದದ್ದಿದೆ. ಕೆಲವೊಮ್ಮೆ ನಾವು ಕಂಪ್ಯೂಟರ್ ಪರದೆ ಅಥವಾ ಮೊಬೈಲ್ ನಲ್ಲಿ ನೋಡುವಾಗ ಕಾಣಿಸುವ ಸುಂದರವಾದ ವಸ್ತು ನಮ್ಮ ಕೈಗೆ ಸಿಕ್ಕಾಗ ಅತ್ಯಂತ ಕುರೂಪವಾಗಿರುತ್ತವೆ. ಬಣ್ಣ ಮತ್ತು ಗಾತ್ರದಲ್ಲೂ ವ್ಯತ್ಯಾಸ ಇರಬಹುದು. ಅದನ್ನು ವಾಪಾಸು ಮಾಡಿ ಬೇರೆಯದನ್ನು ಪಡೆಯುವ ಅವಕಾಶವನ್ನು ಈ ಆನ್‌ಲೈನ್ ಮಳಿಗೆಗಳು ದೊರಕಿಸುತ್ತವಾದರೂ ಆ ಕ್ಷಣಕ್ಕೆ ಕಿರಿಕಿರಿಯಾಗುವುದು ಸಹಜ. ನಾನೊಂದು ಸಲ ಗಾಜಿನ ತೂಕ ಮಾಪಕವನ್ನು ತರಿಸಿದ್ದೆ ಆದರೆ ಅದು ಬಂದು ತಲುಪುವಾಗ ಒಡೆದು ಪುಡಿಪುಡಿಯಾಗಿ ಅದರ ಮೂಲ ಆಕಾರವೇ ತಿಳಿಯದಂತಾಗಿ ನನ್ನ ಕೈ ಸೇರಿದ್ದು ಇದೆ. ಮತ್ತೊಮ್ಮೆ ದೊಡ್ಡ ಗಾತ್ರದ ಓದುವ ಲ್ಯಾಂಪ್ ಅಂದುಕೊಂಡು ತರಿಸಿದಾಗ ಅತೀ ಚಿಕ್ಕ ಗಾತ್ರದ್ದು ಬಂದದ್ದೂ ಇದೆ. ಹಲವಾರು ಬಾರಿ ಬಣ್ಣದಲ್ಲಿ ಗುಣಮಟ್ಟದಲ್ಲೂ ವ್ಯತ್ಯಾಸವಾಗಿದ್ದು ಇದೆ. ಹೀಗೆ ಕೆಲವು ಕಹಿಅನುಭವಗಳ ಜೊತೆ ಹಲವಾರು ಸಿಹಿ ಅನುಭವಗಳು ಇವೆ, ಎಷ್ಟೋ ಬಾರಿ ಅಗತ್ಯ ವಸ್ತುಗಳನ್ನು ತರಲು ಹೊರಹೋಗಲು ಸಾಧ್ಯವಾಗದೆ ಇದ್ದಾಗ ಅವೆಲ್ಲವೂ ನಾನಿರುವಲ್ಲಿಗೆ ಬಂದದ್ದಿದೆ. ಕೆಲವು ವಸ್ತುಗಳು ಅತೀ ಕಡಿಮೆ ಬೆಲೆಯಲ್ಲಿ ದೊರೆತದ್ದು ಇದೆ. ಅದನ್ನು ನೋಡಿ ಅಕ್ಕಪಕ್ಕದವರು, ಮನೆಯವರು, ಸ್ನೇಹಿತರು "ತುಂಬಾ ಚೆನ್ನಾಗಿದೆ, ಇಷ್ಟು ಕಡಿಮೆ ಬೆಲೆಗೆ ದೊರೆತಿದೆ" ಎಂದೆಲ್ಲಾ ಹೊಗಳಿದಾಗ ಏನೋ ಧನ್ಯತಾ ಭಾವ.

ಕೆಲವು ಮಹಿಳೆಯರಿಗೆ ಆನ್‌ಲೈನ್ ನಲ್ಲಿ ತರಿಸುವುದೆಂದರೆ ಏನೋ ಪ್ರತಿಷ್ಠೆಯ ವಿಷಯ. ಎಲ್ಲರೂ ತರಿಸುವಾಗ ನಾನು ಯಾಕೆ ಪ್ರಯತ್ನಿಸಬಾರದು ಎಂದು ಎಷ್ಟೋ ಜನರಿಗೆ ಅನ್ನಿಸಿ ತಮಗೆ ಹೊಸದೆನಿಸಿದ ಲೋಕಕ್ಕೆ ಪ್ರವೇಶಿಸುವುದಿದೆ. ಹೀಗೊಮ್ಮೆ ನಮ್ಮ ವಠಾರದ ಏನೂ ಓದಿರದ ಪುಟ್ಟಮ್ಮ ತನ್ನ ಮಗಳಿಗೆ ಹೆರಿಗೆಯಾಗಿ ಮೊಮ್ಮಗಳು ಹುಟ್ಟಿದಾಗ ಮಗುವಿಗೆ ಹೊಸ ಬಟ್ಟೆ ತರಬೇಕಾಗಿ ಬಂದಾಗ ತಾನು ಯಾಕೆ ಆನ್‌ಲೈನ್ ನಲ್ಲಿ ತರಿಸಬಾರದು ಎಂದು ಪಕ್ಕದ ಮನೆಯ ಕಾಲೇಜು ಓದುವ ಗುಂಡನಿಗೆ ಹೇಳಿ ಬಟ್ಟೆ ಆರ್ಡರ್ ಮಾಡಿಸಿಯೇ ಬಿಟ್ಟಳು. ತುಂಬಾ ಖುಷಿಯಿಂದ ಇಲ್ಲರಿಗೂ ಹೇಳಿ ಮಗು ಹುಟ್ಟುವಾಗ ಕಾಯುವಂತೆ ಬಟ್ಟೆ ಬರುವುದನ್ನೆ ಕಾಯುತ್ತಿದ್ದಳು. ನನಗಾದ ಅಚ್ಚರಿಯೇನೆಂದರೆ ಮನೆಯೆದುರು ಬರುವ ತಳ್ಳುಗಾಡಿಯವನ ಬಳಿ ಐದಾರು ರೂಪಾಯಿಗೂ ಜಗಳವಾಡಿ ವಸ್ತುವಿನ ಗುಣಮಟ್ಟದ ಬಗ್ಗೆ ನೂರಾರು ಪ್ರಶ್ನೆಗಳನ್ನೆತ್ತುವ ಪುಟ್ಟಮ್ಮ ಆನ್‌ಲೈನ್ ಮಳಿಗೆಗಳಲ್ಲಿ ತೋರಿಸಿದ ಬಟ್ಟೆಯನ್ನು ಅದರ ಬೆಲೆಯನ್ನು ಏನು ಮಾತಾಡದೆ ಒಪ್ಪಿಕೊಂಡದ್ದು. ಕೊನೆಗೆ ಕೆಲವು ದಿನಗಳ ಬಳಿಕ ಆ ಬಟ್ಟೆಯನ್ನು ಕೊರಿಯರ್ ಹುಡುಗ ಪುಟ್ಟಮ್ಮನ ಮನೆಗೆ ಬಂದು ಕೊಟ್ಟಾಗ ಎಲ್ಲರಿದುರು ಅದನ್ನು ತೆಗೆದುಕೊಂಡ ಅವಳಿಗೆ

ಹುಡುಗ ಪುಟ್ಟಮ್ಮನ ಮನೆಗೆ ಬಂದು ಕೊಟ್ಟಾಗ ಎಲ್ಲರದುರು ಅದನ್ನು ತೆಗೆದುಕೊಂಡ ಅವಳಿಗೆ ಏನೋ ಹೆಮ್ಮೆ. ಮತ್ತೊಮ್ಮೆ ಆನ್ ಲೈನ್ ಶಾಪಿಂಗ್‌ನ ಗಂಧಗಾಳಿಯೂ ಇಲ್ಲದ ನೆರೆಮನೆಯ ಸುಮಿತ್ರ ತನ್ನ ಗೆಳತಿಗೆ ಹೇಳಿ ಒಂದಿಷ್ಟು ಪಾತ್ರೆಗಳನ್ನು ತರಿಸಿ ಎಲ್ಲರಿಗೂ ತೋರಿಸಿ

ಶಾಪಿಂಗ್ ಒಂದು ಫೀಳಾಗಿ ಪರಿವರ್ತನೆಯಾಗಿ ಹೊರಬರಲು ತುಂಬಾ ಕಷ್ಟವಾಗಬಹುದು. ಹೀಗಾಗಿ ಅತ್ಯಂತ ಜಾಗರೂಕರಾಗಿ ಆನ್ ಲೈನ್ ಶಾಪಿಂಗ್‌ನಿಂದಾಗುವ ಉಪಯೋಗಗಳನ್ನು ಮಾತ್ರ ಪಡೆಯಬೇಕು.

ಅನುಪಮ ಡಿ.ಎಸ್  
ಪಿ.ಹೆಚ್.ಡಿ ಸಂಶೋಧನಾ ವಿಧ್ಯಾರ್ಥಿ  
ಮಣಿಪಾಲ್ ಕಾಲೇಜ್ ಆಫ್ ನರ್ಸಿಂಗ್  
ಮಣಿಪಾಲ್ ಅಕೆಡಮಿ ಆಫ್ ಹೈಯರ್ ಎಜುಕೇಶನ್

ಗರ್ವಪಟ್ಟಿದ್ದನ್ನು ನೋಡಿದ್ದೇನೆ. ಹೀಗೆ ಗೊತ್ತಿದ್ದೋ ಗೊತ್ತಿಲ್ಲದೆಯೋ ಎಲ್ಲರೂ ಆನ್ ಲೈನ್ ಶಾಪಿಂಗ್ ಗೆ ಮಾರುಹೋಗುತ್ತಿದ್ದೇವೆ. ಒಟ್ಟಿನಲ್ಲಿ ಆನ್ ಲೈನ್ ನಲ್ಲಿ ವ್ಯಾಪಾರ ಮಾಡುವ ಮಹಿಳೆ ಯಾವುದೆ ಪೂವಾಗ್ರ ಪೀಡಿತಳಾಗದೆ ಸರಿಯಾಗಿ ಯೋಚನೆ ಮಾಡಿ ಅಗತ್ಯವಿದ್ದುದನ್ನು ಮಾತ್ರ ಖರೀದಿ ಮಾಡುವುದು ಉತ್ತಮ. ಕಂಡದನ್ನೆಲ್ಲ ತೆಗೆದುಕೊಳ್ಳಿ ಹೊರಟರೆ ಆನ್ ಲೈನ್ ಶಾಪಿಂಗ್ ಒಂದು ಫೀಳಾಗಿ ಪರಿವರ್ತನೆಯಾಗಿ ಹೊರಬರಲು ತುಂಬಾ ಕಷ್ಟವಾಗಬಹುದು. ಹೀಗಾಗಿ ಅತ್ಯಂತ ಜಾಗರೂಕರಾಗಿ ಆನ್ ಲೈನ್ ಶಾಪಿಂಗ್‌ನಿಂದಾಗುವ ಉಪಯೋಗಗಳನ್ನು ಮಾತ್ರ ಪಡೆಯಬೇಕು.

## Women Against Women Whom To Balance

We fight, we struggle, we lose  
We work, we pray, we lose  
We do this assuming to equalize  
We do this, trying to equalize,  
But equalize with whom?

Equalize with men who are always within themselves  
Equalize for education which is always a provision  
Equalize for a job which is always promised  
Equalize for status which we are always a nomineee

Wake up woman, wake up  
Equalize among each other

You struggle for your survival, you struggle for your birth  
You struggle for your position

Arguing with your sibling in a certain condition

You struggle for education, you struggle for your score  
You struggle for your position  
Preparing hard for the situation

You struggle for the job, you struggle for the post

You struggle for the honorarium, you struggle for your  
share

But when it is your turn on the throne

You forget all that you have grown  
Wake up woman wake up to bring a change among  
self  
Bring a change as a mother, bring a change as an  
in-law

Bring a change as a holder  
In turn, will change, to make us bolder  
Wake up woman wake up  
In  
Balancing for better



**Mrs Sweety J Fernandes**  
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# The Core Of Nursing Education

The past and present generation nurses became health care professionals, learning the prescribed nursing curricula devised by nursing professional bodies. But what is in store for the future nurses? Is there scope for a change in the near future in nursing education? These are some of the questions we should be answerable for.

Despite each nation having their own national nursing councils, nursing education shares commonality in the curriculum which is recognized across the globe, making nursing a global profession. Nursing curriculum broadly encompasses basic science, foundations of nursing practice, medical-surgical nursing, child health nursing, maternity nursing, community health nursing, mental health nursing, nursing management, education and research. But the core of nursing practice is care. Nursing care is an art as well as science requiring both knowledge and skill. According to me, beyond art and science, caring is an attitude above all. Knowledge can be imparted, and skills can be acquired through formal education, but attitude is an innate attribute of an individual. Attitude stems from faiths, beliefs, societal influences, learning and is reflected in one's behaviour. It develops and changes over time varying from person to person. So, education plays an integral part in moulding one's attitude especially among budding student nurses.

It is essential that student nurses receive comprehensive education in the context of compassion, empathy, and emotional intelligence in addition to the regular curriculum because we deal with human lives. Human nature is complex and so are the diseases that affects our health. So, yes, a nurse should be an intellectual health care professional who is a critical thinker, but foremost she should be an emotionally intelligent human who is empathetic towards her patients and their family members. When ill health befalls patients, they

become vulnerable and at times of such vulnerability, patients need compassionate helping hands more so than just pills. It can be argued that if only caring hands were the cure, medicine would not be prevailing as it is today. But in today's contemporary world, everything is not just black and white. There is an important in-between which is the grey, an amalgamation of the two. The famous Chinese symbol of Ying and Yang illustrates the concept of dualism and signifies how seemingly opposite or contrary forces may actually be complementary, interconnected, and interdependent in the natural world. Likewise, care and cure must go hand in hand if we seek wellness for our patients.





Inter-professional education, integration of disciplines and collaborative care are upcoming approaches being consolidated into medical education and health care. Concurrently, social, emotional and ethical learning should be incorporated into nursing education in order to cultivate social, emotional and ethical competencies among nurses. Emory University in association with the Dalai Lama Trust and Vana foundation of India recently launched Social, Emotional and Ethical (SEE) Learning Program in New Delhi. SEE Learning consists of a framework that communicates the philosophical and pedagogical foundations of the program as well as a curriculum that is tailored for different age levels of K–12 education as well as higher education and professional education. Likewise, nursing education can draw inspiration from the SEE learning program

and devise our own curriculum to cater to the holistic needs of our patients, their family members, our communities, and society at large because education of the heart is as important as education of the mind for our future nurses.

In short, CORE of the nursing education should be:

C: Compassionate Care

O: Onus

R: Scientific Rationale

E: Ethics and emotional intelligence

**Tenzin Phagdol**  
PhD Scholar  
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# Is It Safe To Be Old?

Age is more than just a number. Ageing is an accumulation of experiences: Good and bad as well as knowledge and wisdom. We all have one or the other significant member in the family who is an elderly person. We either live with them within the walls of our homes or work with them at our workplace. But, do we really consider and respect them? Do we contemplate the emotions they hide behind a smiling face? As a healthcare professional, do we consider the elderly as mere regular patients who are in need of medicines or treat them as geriatric patients needing specialized care? Is it really safe for a person to be old in today's India?

Geriatric healthcare is a debatable topic today. In some countries especially in the developed world, there are governmental policies and programs dedicated to the elderly population. But when it comes to health care, why is gerontology not included in medicine and nursing as a specialization? Why is this still an issue being discussed? We study all the disease conditions that affects the adult group and we apply this knowledge to the elderly group. But why? It is wrong to assume and consider that the same condition that an adult suffers is like that of an elderly person because the physiological needs of an elderly person differs significantly from that of an adult. Though disease conditions follow the same pathophysiology in both adults and elderly, same condition can have an entirely different impact on the elderly because they are a vulnerable group with already compromising health as a result of their ageing process.

There are lot of studies highlighting the current situation of the geriatric care in India and has recommended certain actions to be taken, but still it has not been implemented because old age homes have become an easy solution to unburden the load of elderly and serves as a booming business opportunity to take care of them. But, are the care takers of the old age homes qualified and capable of attending to the needs of the elderly?



I believe that Geriatric healthcare must be investigated with a fresh positive perspective. Care of elderly needs to be involved into nursing education, so that a holistic care can be provided to them. Geriatric research must be looked in a broader perspective and given much more support to contribute to the existing pool of knowledge.

We must always remember that we are all ageing every day and becoming older as the days, months and years pass by. We too will be old one day. So let's not forget the elderly who cared for us and paved the road for us for a better future.

As healthcare professionals, it is our duty to do what is best for our patients by providing specialized care for the elderly. So, let's ask the question once again, is it safe to be old and can we make a difference?

**Mitchelle Lewis**

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# Innovations And Nursing

**“Creativity is thinking up new things; innovation is doing new things.”**

**- Theodore Levitt**

In this world, change is only constant feature. There is no progress in this world without change, while all the change may not lead into progress. Likewise, healthcare also has witnessed enormous revolution in technology to improve the quality of care to the customers. Innovation is a frequently used buzzword in healthcare.

Nursing professionals, being in consistent contact with the patient are the key personnel in delivering the quality care. Nurses need to think and create better ways to improve patient care on every day. Nurses also think and do it in actual practice. Unfortunately, they do not think themselves as innovators and there is a break in the connection between realizing that something can be done better and tuning the idea into reality.

Nurses need to think a better way to do something. The idea need to be refined towards working models whenever they think the current process needs improvement. Nurses need to embrace the legacy of innovation. Nurses find solutions, amazing solutions and create ways to improve the quality of patient care. But many times these innovations will not be made out of the units of their creation. Nurses need to disseminate or share their creations on larger scale. In nursing care, innovation is the driving force of seeking balance between health care quality and cost containment. Planting the seeds of innovation in the discipline through the curriculum at the early stages, encouraging inventiveness among the nursing students and making them to believe that they can make difference is also equally important to promote innovation.

**“Nursing, is above all, a progressive calling. Year by year nurses have to learn new and improved methods, as medicine and surgery and hygiene improve. Year by year nurses are called upon to do more and better than they have done.” - Florence Nightingale**

**Shalini G Nayak**  
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# Our Mental Health And Well-Being

Even in modern health systems around the world, the health system is failing to meet the needs of people presenting to hospitals in mental health crises. The system is failing to the extent that mental health patients are more likely to wait longer than other patients to be assessed and treated. As a result, many patients leave the emergency department at their own risk and against advice.

Access to quality and affordable mental health services is currently at crisis levels. WHO estimates that nearly two-third of people with a known mental health problem never seek help from a health professional. Stigma, discrimination and neglect prevent care and treatment from reaching people with mental disorders.

Where care is provided, human rights violations remain a common feature, where people may be abused, forcibly detained or locked away. The quality of care is also inadequate – for example, for those with depressive disorder, only one in five people in high income countries and one in 27 people in low middle income countries (LMIC) receive minimally adequate treatment.

There are no simple and one stop solution to address the burden of mental illness. There needs to be a comprehensive and integrated approach that recognizes the important role that health systems have in leading and coordinating the fight against NCDs. Strong and resilient health systems that is capable of responding to individual and community needs should be developed.

## **The effect of violence on healthcare and all of us**

According to the Global Peace Index 2018, the world is becoming less peaceful. As a result, it is now estimated that there are more people displaced from their homes than ever before. Conflict has enormous consequences on healthcare. Conflict and violence disrupts and severely weaken the health systems. The Red Cross states, “One of the first victims of conflict and violence is the healthcare system itself”.

The law states that hospitals, ambulances and healthcare professionals should never be targeted as they carry out their duties. This is often far from reality. The lack of safe access to healthcare is causing untold suffering to millions of people worldwide. People are unable to receive healthcare and vital services such as maternity services, child care and vaccinations are cut off. Disruption to health services has immediate and long-term consequences.

Violence against health is not limited to areas of conflict and war. Violence is an everyday occurrence around the world for health workers. This includes violent physical, sexual and verbal assault from patients and potentially their families. The issue is so bad that across the world, nursing is considered more dangerous than being a police officer or a prison guard.

Health workers do face particular risks because of the environment in which they work. They work on the frontline with stressful, unpredictable and potentially volatile situations which may be fuelled by drugs or other substances. The situation is such that health professionals, nurses in particular, expect or even accept violence as part of their job. But, violence takes its toll not just physically, but also psychologically and in the way that nurses interact with patients and their families. The psychological consequences resulting from violence may include fear, anxiety, sadness, mistrust and depression. As a result, research has shown that as a result of violence, nurses can feel less empathy and the quality of their care can suffer. There is a clear link between violence and subsequent adverse events.

## **Leadership (With a Twist)**

Leadership is not foreign to nursing. Our history is replete with nurses whose leadership transformed societies and systems. Nurses in every country can likely think of their own examples of these leaders. Nightingale’s leadership reflects a powerful framework for gaining insight into the perspectives

and positions of both allies and adversaries, while developing strategies that inform progress and counter the barriers along the way. She understood that successful, purpose-driven leadership requires leaders to:

- See the problem
- Know the stories at the human-to-human level
- Understand the issue at a broader systems level
- Gain action through strongly articulating the issue, with evidence
- Gain trust of those you speak for and those you speak to engage those with influence
- Understand all stakeholders, their power and positions and be prepared to be persistent in your fight for what you know needs to be achieved.

Nurses are “true nation builders” (President of India, 2018). Nursing is considered as the most trusted profession. Together we can change the world. If “health for all” is to be achieved, there must be a transformation to health and well-being. Quality mental healthcare services, prevention of violence against healthcare professionals and a leadership with a twist is very essential to achieve “health for all”. It is easy to implement “health for all” if individual nurse leaders can influence the community.

**Dr Binil V**

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## Don't Give Up

A small poem for the ones who feel stuck and helpless and find themselves unable to express their emotions to others. For the people who hide their feelings, who are almost on the verge of giving up.

Don't hide the tears  
In your eyes anymore  
When times seem rough  
You need to let go  
Let go of the masks  
That cover your face  
Make you seem so familiar  
In an unfamiliar place  
With so much to pretend  
To just hide your pain  
To fake a smile in a crowd  
To hide your tears in the rain  
When times are hard

And home seems far  
We promise to be  
Your guiding star  
When life seems scattered  
Until a thousand miles  
You need to pick up the pieces  
With a beaming smile  
For, that smile will take you  
To the heights one day  
One day, when you'll look  
At your reflection and say  
“I have made myself proud today”

**Meghna Pandit**

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# Find Your Light

Most people in the current generation talk about being depressed, feeling broken and misunderstood, not knowing what to do, feeling helpless, so on and so forth. Ridiculously, most of these cases relate to a person's dating life. "My girlfriend left me", "my boyfriend cheated on me," etc. They want to end their pain (caused by a person deciding to not be in their life anymore), by ceasing to exist, and by transferring on the pain and numbness to their family and/or loved ones. How is that ever a solution? How is that even worth it? Being a student-nurse, I get to see patients with new conditions every single day. Burns, amputations, maggot infestations, gangrene, paralysis, and what not? What strikes me about them is their will to live. Their willingness to continue despite their physical conditions, in some cases, which is worse than death itself. When a post-operative patient takes his first steps after a month of being bedridden; a patient being able to eat solid food for the first time after having been fed by tubes for a really long time - to us, these are miracles that we witness every day. But the question here is: would these milestones have been possible if they were to give up just because "they couldn't take it anymore"?

I'm not saying that your problems have to be physical in order to be taken seriously, or that your emotional problems are any less important than any physical problems, as both are components that play a key role in maintaining a person's mental health. But if you are going to say that your boyfriend/girlfriend leaving you or cheating on you is worse than being bandaged from head to toe, I might have to stop you right there, and laugh right on your face. Hearing people crib about how difficult their emotional lives are, and how they would "rather die than take on this pain" is actually sickening.

On this note, I would also like to point out the fact that you should not damage or hurt a person to an extent where they start believing that the only way to solve

the situation is by ending their life. Do not push anyone far enough to actually think of something like that. Do not push anyone at all. And a tiny piece of advice to the people who decide that suicide is the best option for them: before you decide for sure that you are going to do it, think of the person who brought you into this world. The two people whose universe revolved around you ever since the day you were born. The two people whose sense of purpose is you, with you gone, what do they have left?

And what about you? How do you know you are not going to miss out on anything in life? How do you know there is nothing positive left that can happen in your future? You would never find out how the happy ending came about after page 90 in a book if you leave by the time you reach the 40th page, because in the 40th page, a character's life was temporarily hell. You would never find out what surprises life would have for you, if you decide not to stick around for long enough for you to find it. Who knows? Tomorrow, you might meet the love of your life. Ten years later, you might have a family and you may be running a company. All of these things could have happened, if you had decided to go against the idea of killing yourself.

No problem is huge enough to not have any solution at all. Talk to people, communicate your problems, and do not give up until you have a solution for your issues. Love, relationships, things like these come and go. They might be temporary, or they might be permanent. Focus on making your career, your future. Those things last a lifetime, and give you an identity of your own. Remember, one moment of a hasty action can change the life of people around you completely and irreparably. Every problem has a solution, you just have to be patient and optimistic enough to find it.

**Meghna Pandit**  
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# Womanhood In The 21<sup>st</sup> Century

She was there, always. . .

As a daughter, when you needed someone to take care of you, even though later on she had to hear “she’s a daughter anyway, you need a son to light your family’s lamp”.

As a sister, when you needed to share your secrets with someone and be assured she’ll understand and not rat you out, even though she had to see you place restrictions on where she goes and who she hangs out with.

As a friend, when you had nobody by your side and felt like it was the end, even though she, too, was equally in trouble with her own life.

As a lover, making you see the world with a different vision, even though she was the one you placed all your “rules” on.

As a wife, holding your hand and leaving everything, to be humiliated later on by you and your family.

As a mother, not thinking once before throwing away her life for shaping yours, even though she knows she’s not even appreciated for it.

And after everything, she hears questions like “what do you do all day?” and “what have you done for us?”. You want to know what she does? She acts as a catalyst that makes your life smoother than it’s supposed to be, without you realizing it.

I’m not generalizing all men with statements like “all men are idiots” or “no man understands and appreciate women”. I know that it isn’t the case. There are quite a number of you that do.

But I’d also like the men to stop generalizing us as materialistic people running after money and bling, just ‘cause some of the females do so.

Also, while you’re at it, how about you stop labelling us with whatever we do?

Apply make up? Fake.

Don’t apply makeup? Aunty.

Wear short clothes? Characterless.

Don’t wear short clothes? *Behenji*.

Talk to/hang out with guys? Slut.

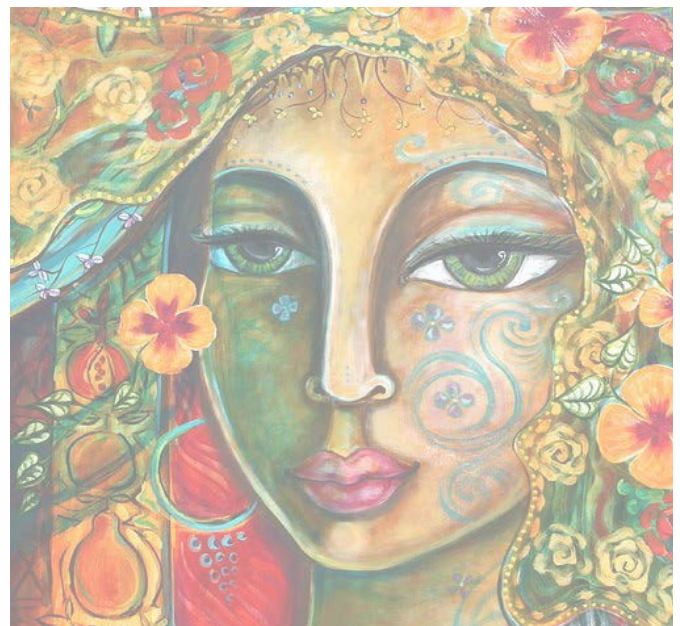
Don’t talk to/hang out with guys? Narrow minded.

Isn’t this hilarious already?

In a country where there are still parts where a woman has to take permission to leave the four walls of her room, can our generation be the change that we desperately need? We are the catalysts that can bring about a revolution in the status of women. It starts with us.

In a country where there are still parts where a woman has to take permission to leave the four walls of her room, can our generation be the change that we desperately need? We are the catalysts that can bring about a revolution in the status of women. It starts with us.

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# Gender Equality

**“All through life there were distinctions - toilets for men, toilets for women; clothes for men, clothes for women - then, in the end, the graves are identical” (Aboulela).**

Gender equality has been a touchy topic for some years now and has been often taken as an area to be debated by leaders in public and parents in homes. However, the role of an individual is often classified based on gender; this trend has been continuing. Teaching about gender equality is a task that must be taken up in homes by parents and in schools by teachers. If gender equality must be practiced in adulthood for better cooperation and understanding, it must be taught well in advance and introduced early during childhood. A child who grows up with a good notion of gender equality will be an adult with good understanding and cooperation with everyone.

The word “gender” has been used universally to represent the difference between a male and a female. It often refers to the structural, functional as well as personality differences that have been categorized as unique to either males or females. “Gender refers to the socially constructed roles, behavior, activities, and attributes that a given society at a given time and place considers appropriate for men and women, boys and girls and the relationships between them” (Education above All). Gender is often used interchangeably with the word “sex” while referring to the masculinity or femininity of individuals. From the beginning of times, these differences have been used to describe what can be done or not done by an individual: how an individual is expected to behave and act, what type of activities are appropriate, and likewise. However, in the current scenario, many people have voiced out that children of both genders should be treated equally and given equal opportunities to pursue their heart’s desires. Making this happen is something that has not been discussed as much.

Firstly, it must be noted that gender orientation takes place at an early age and the parents and teachers

must take into consideration that the earlier the lesson is started, the easier it is to make it happen. Research shows that a child begins to grasp the idea of gender as early as three years and will establish it in themselves by the age of seven (Rooms and Muhwezi). Theories also have been laid down in childcare education and growth and development regarding the age of gender identification. This is the age when the children tend to establish ideas about gender norms, gender identities, gender stereotypes, as well as the gender bias that are seen in society. According to a study done by Ruble, et al., there was a strong pattern of gender-related beliefs among children between the ages of three to five years. Therefore, an implementation of a correct understanding of gender among this age group will help a child to understand gender better without being discriminated.

Secondly, gender norms must be taught both at home and school as they are the first agencies of learning for children. The children learn more by observing and imitating rather than from what they are told. They tend to get confused if the visual and auditory instructions which are given knowingly or unknowingly do not match each other. The parents happen to be the first source of identification at this stage. When parents tell the child about their gender and the roles, the children often correlate it to the way the parents handle their specific roles. Parents need to be aware that simple things like how they share responsibilities in the home will show the child their way of identifying themselves. The way the parents perform their activities will enforce the identity and role clarity in children.

Similarly, teachers in the school have a great impact on how children see themselves. It becomes the responsibility of the teachers to avoid using gender-specific teaching material and allow the children to play and stimulate their young minds with neutral ideas in learning and at times encourage them to use materials which were “technically” characteristic



of the other gender (Rooms and Muhwezi). Incidentally, the more they are taught, the more they will understand and learn.

The final area and largest area of concern which will influence the child's mind regarding gender is the society and social media. Beginning from colours, clothes, shoes, toys and almost everything else, society has been showing, what is appropriate for females and what is appropriate for males. At times, cultural ethics taught in various regions of the world tend to contradict themselves according to the religious beliefs and traditions that are followed. Nowadays, many roles have been changing; they must be projected into the society and virtual world so that the children will be able to see and relate to it. Children must be encouraged to open up and speak about the various stereotypes that have already been in place and be able to identify themselves without a bias (Wallace). The walk is difficult and narrow but will enable a society that is richer in understanding and safer for all. When a child can identify that there is no difference, they will learn to respect each other for what they are and what their achievements are and not as a "gender." Respect for each other will transform into care, which will enable them to live in proper co-existence and mutual understanding, the need for today's world.

An understanding of the similarities and differences has always been a way of teaching important lessons to children. But in gender, the differences

are to be used to teach how they can complement each other rather than differentiate. Children should be children and not be labelled just as boys or girls; they should be given equal opportunities for learning and developing their interests. They should be encouraged to follow their dreams and follow paths that none might have taken earlier. They should be confident and proud of what they are and what they want to become. They should be able to stand by themselves or in a group yet be unique and special. Issues of gender should not be just an issue of the gender but a human consideration (Briggs). A child who learns will be an adult who teaches.

In conclusion, Wallace also noted a quote from Sanders that states that, "Children are not born thinking one gender is better and more powerful than another. They are born, thinking there is no difference between us." So, it is our responsibility as parents, teachers, and citizens of the world to allow children to grow and live as children rather than shoving them into roles that they have to conform to. We have to be role models and examples by word and action in our homes and the outside world so that children can learn the best from the best.

**Sunitha Solomon Nagelli**

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# Fashion Influencing Life

“Your style defines your attitude; your attitude defines you”. Fashion always changes with time; it changes the individual and hence it changes their life. In this era, fashion is a debating issue. It influences an individual in every aspect. It can have impact on personal as well as social aspect of the individual.

Firstly, when a person dresses well, he gets self-esteem which builds his confidence. When someone notices this and compliments them, they get positive encouragement which will make them to think more creatively. This in turn develops their creativity and makes them more innovative.

Secondly, Fashion always paves path for newer things. Since it is not something that is permanent, fashionistas tend to explore new ways to make them look glamorous. And once it is accepted by the outside world it would be considered as an achievement for them as they could bring about some changes to influence others. Though fashion has numerous positive outcomes it also has negative aspects in it. Since fashion is considered as the way in which people depict their status in society, it can lead various disputes among people, it can lead to internal conflicts, jealousy, and feeling of superiority among the people. It also divides the society into high class and low class.

It takes a lot of money in order to purchase fancy items and clothes, this may not be affordable for an average earning individual. This can lead to depression and various other problems in them. In order to be the best and acquire money, one may engage in illegal activities. To bring about variety in their clothing and accessories they might buy more of the items that attracts them, this maybe a wastage of money as it can be used for more beneficial things. For the sake of fashion, people collect cloth materials and other accessories in surplus amount that can be a wastage.

Some individuals prefer to wear certain clothes with jewellery for only one occasion and then they tend to dispose it, all this can lead to wastage of money.

One of the greatest way fashion affects life is by changing the diet of an individual. To look gorgeous and dashing with the trending clothes one tries to shape their body like super models and enact their lifestyle. This can have a huge impact on a lay person as they are not aware of the healthy ways to gain a fit body. They may skip their meals or may have non nutritious foods etc. and this can lead to adverse effects in their life and health.

Though the fashion industry is skyrocketing, it merely adds to the economic development of country and does not have any beneficial effect on the life of the people in the country. Most of the expensive clothes that are trendy will be bought by the high-class families and the low-class families remains the same hence it does not reduce the country’s poverty.

In a nutshell, fashion has both pros and cons. It depends on the individual whether to consider fashion as the central focus of life. It is said that being comfortable is always fashionable, hence it would be wise enough to wear those clothes and accessories that makes one comfortable and confident enough to feel fashionable.

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# Excerpts From Seminar On Nurses Day Theme “Health For All – Nurses A Voice To Lead”

It was my great privilege to deliver a speech on “Health for all – Nurses a voice to lead” during the seminar on International Nurses Day celebration 2019 organized by Manipal College of Nursing, MAHE – Deemed to be University, Manipal on 11 May 2019. There is no commodity in the world more precious than health. Whilst there have been significant achievements in medical and technological advancements around the world, there are growing disparities between and within countries in the improvement of health. The meaning of health for all is that sound health and quality healthcare services are made into reach of all the people in a particular country. Health in this circumstance denotes that, not just the accessibility of healthcare services, but the complete state of physical and mental wellbeing that enables an individual to lead a productive life economically and socially.

The Alma-Ata Declaration envisioned a new way in which health was to be supported and gave importance to quality health services. In the series of International Nurses Day publications, ‘Nurses a Voice to Lead’, we have focused on both elements: the social determinants of health (Achieving the Sustainable Development Goals – 2017) and access to health services (Health is a Human Right – 2018) of economic, environmental and social factors that influence individuals and society’s health.

The need for nursing is universal. Nurses are at the forefront of promoting the rights of consumers, seeing it as a human right and duty for people to participate as a group or as an individual in planning and implementing their care. The International Council for nurse’s code of ethics describes that “innate in nursing is a value for individuals’ rights, together with cultural rights, the

right choice and life, to be treated with dignity and respect”. Nursing care is highly respectful of and not restricted by considerations of age, gender, creed, colour, culture, illness, gender, ethnic group, race or societal status. Nurses provide healthcare services to the person, the family and the society and organize the services with other healthcare professionals.

Nursing as part of a multidisciplinary team and intersectoral collaborative, can create a healthcare system that takes into account the social, economic, cultural and political determinants of health, advocacy, community development, health inequalities, illness prevention, health promotion, treatment and care of the sick people, rehabilitation, interdisciplinary action, and people’s health approaches.



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# My passion towards Yakshagana- The art form of Karnataka

**Yakshagana!!!** What do you think? Is it a dance? singing? drama? Yes, it is a blend of all these emotions. Yakshagana literally means the song (*gana*) of the *Yaksha* (nature spirits). It is a traditional theatre form that combines unique blending of music, phenomenal dancing moves, rich make-up and intrinsically designed costumes. This theatre style is mainly found in Tulu Nadu and some parts of Malenadu region of Karnataka and Kerala. Yakshagana is traditionally presented from dusk to dawn. Its stories are drawn from Ramayana, Mahabharata, Bhagavat Gita and other Hindu epics. Yakshagana evolved as a dance form during the Bhakti Movement. Narahari Tirtha, a disciple of Madhvacharya, is said to be the first person to introduce Yakshagana in Udupi. It started since the mid-20th century, and women began to train in the tradition in the 1970s.

Actors sometimes perform from a script and sometimes improvise their lines, in either case taking their cues from the lead musician, or Bhagavata, who ultimately directs the production. In Karnataka, the Bhagavata sings and narrates to set the scene for the action, usually while playing a small handheld gong or finger cymbals called *tala*. Some ensembles include both the cymbals and a gong, which is played by a second musician. The principal rhythmic component of the music is provided by two drummers, one playing a double-headed *maddale*, which is struck with the hands, and the other playing a double-headed *centa*, which is beaten with sticks called

*Chande*. Typically, in earlier days, when monsoon was believed to be the toughest time of the year, Chikka Mela. A typical Chikka Mela troupe consists of one male character *purushavesha* and one woman character *sthreevesha* and a background team of seven, which include the Bhagavata, drummer and two assistants, as opposed to Yakshagana, which has a minimum of 12 characters. It was the only form of entertainment for people. With the rains restricting their movement, and in the absence of such pleasures as TV and computers, people could enjoy Yakshagana right in their homes. This way, children too would get a taste of the rich culture of the land. This culture has become an integral part of my life.



## A viral story to begin with

A beautiful evening with stars in the night sky, giving a slight feel to occasion held in Katpadi Nooji house, the bride, Shakila Shetty gets ready for Mehendi Ceremony. It was a simple ceremony with no DJs. As ladies turned to dance for various songs from Bollywood and suddenly someone played a Yakshagana song “*Yaare Neenu Bhuvana Mohini*”. All my cousins forced me to dance and it was my Grandma who is very fond of Yakshagana and as she wanted to watch my performance live, I



stepped into Yakshagana in the forefront of wedding house on that night. I was dancing on my own by looking at the bride and I was not even aware that my performance was being recorded by someone in the audience. The very next day, I got a call from my well-wisher informing that my previous day's Yakshagana video footage got viral in social media. As I am not an active member of any social media, I was unaware of what happens when your video goes viral and what will be my Yaksha guru's response. I was just waiting for the sunrise. Next day morning, I came to know that this video created a wave. It's been viewed by lot of viewers and I started to get many calls from mass media asking for proper identification. I was literally shocked, tensed with the calls and even scared of my family's response. Their initial response was bit negative, but later I got all the support. Soon, I realized that it's been a sensation overnight and people started appreciating and giving positive feedbacks. Even women came forward and said they would like to join our ladies team. This gave me a lot of impulse. As they started searching for my identity one of my well-wishers revealed it and that became a wave of change for me. I got many proposals to act in Movies, programs and even in live interviews. As said, everything has a negative side of it, in this phase of success some distinct people criticized for performing Yakshagana dance with my uncle. That was when few big names from the industry came to my support. Mr Navneeth Shetty, Kadri (Mangalore), Artist Sumangala Ratnakar stood in support of me by sharing a message on WhatsApp. My brother Sudheer Shetty also supported me a lot.

### **Yakshagana career**

Ever since childhood I am interested in drama and other cultural activities, however the opportunities were limited. When I was in class 7<sup>th</sup>, I started learning Yakshagana, under Guru Rajeev Thonse and very soon we formed a team called "*Durgambika Mahila Yakshagana Kala Mandal*" with Gangadhar G as a Convener. Till now I have acted as the King Drupada, Arjuna, Bheema, Veeravarma etc. Later I started with villain characters like Ghoraroopi, Mahisaasur, Kourav, Jarasandha. It's my dream to act in as a lady character and I got a chance to act as Queen Shashiprabha. I am also a part of

Chande (Cylindrical Percussion Instrument) team performing for various festivals and programs. I got chance to perform in the year 2017 at Delhi under Delhi Karnataka Association, and also got chance to play with well-known Yakshagana artists and Team *Perdoor Mela* at Ravindra Kalakshetra in Bangalore. I am really proud about Manipal College of Nursing and Kasturba Hospital, Manipal, where my teachers, colleagues, and higher authorities have supported me wholeheartedly to enrich my art and to exhibit my talent in various occasions of institution.



**Ms Chaitra Shetty**  
I Year NPCC  
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# Andaman - A Trip To Tranquility

A trip to Andaman is equivalent to revisiting your inner self; the calmness and peace, something which is just the opposite of the hustle and bustle of our everyday life. Planning a trip to Andaman is a puzzle. It is massive confusion as to whom to contact and which travel agent to trust. Planning through someone known to us eliminates the uncertainty of what will happen after reaching Port Blair.



Port Blair is the capital city of the Andaman and Nicobar Islands. People take Port Blair as a centre from where they plan the tour to the surrounding islands. The British built the cellular jail is the main attraction of Port Blair.



The “light and sound show” at the cellular jail gives a detailed account of what had happened during the freedom struggle in the islands. Visiting the cellular

jail, one cannot leave without feeling the heaviness of heart remembering the sufferings our freedom fighters went through. Samudrika Naval Museum in Port Blair describes the history and about the different tribes of Andaman. Andaman is famous for pearls, and many different varieties are available in various stores across the city. Other than these, there are quite a few very good restaurants that can delight your taste buds if you are a seafood fan.

The next beautiful destination is Havelock Island; the sea water is so clear that it leaves the mind in serenity. Tourists can bathe and play in the sea in the area, particularly allotted for this purpose. Travel from Port Blair to Havelock is by ferry and Makruzz is a good and safe one for a reasonable price. Government of India renamed Havelock Island as Swaraj Dweep in 2018.



Ross Island recently renamed as Netaji Subhash Chandra Bose Dweep has the remnants of colonial rule. The island, which was the administrative capital of the British, still has a ruined bakery and club house. In 1942, the Japanese invaded the island, chasing the British away and built bunkers and cannon holders and tunnels as it was their war base. Both the invaders tortured, imprisoned, enslaved and killed many of the local Indians.



give food or take pictures of them as there were previous incidences of disrespectful treatment of the tribes by tourists.

Another attraction among the islands is North Bay Island, which has coral reefs extended over the coast. Tourists can see the corals and fishes by “snorkeling” for healthy young individuals. Those who are slightly older or with diseases or those who are afraid of snorkeling, undersea walking or scuba diving can opt for semi submarines from which different types of beautiful corals and fishes are visible.



There are various other beautiful locations like Neil Island, Cinque Island, Red Skin Island, Barren Island, Inglis Island, Little Andaman Island, Parrot Island, Mayabunder Island and Diglipur Island if one has time to see.

A trip to Baratang Island and caves is mind-blowing and extremely relaxing. One needs to wake up early and start the journey as around 100 kilometers must be traveled from Port Blair to reach Nilambur Jetty and from there by ferry to the islands. Mangroves on the way to island, beaches and limestone caves are captivating features of the island. Members of the Jarawa tribe may come out to see tourists on the way to Baratang when you travel by road through the beautiful thick woods; the government has kept strict guidelines to prevent interaction between the tourists and the tribes. The tourists are prohibited from talking,





**Netaji Subhash Chandra Bose Dweep Ruins**



**Tall Trees in Swaraj Dweep**



**Brain Coral**



**Lime Stone Caves at Baratang**



**Dr Jyothi Chakrabarty**  
Professor  
Department of Medical Surgical Nursing



## MCON Faculty



**Bottom row: Left to right:** Dr Christopher Sudhakkar, 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 Tessa Teesa 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 Anjalini 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 Ansuaya, 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 Sweety, Mrs Ranjini. **Top row: Left to right:** Mr Vinish, Mr Anil Raj, Dr Ramesh C, Mrs Shobha, Mrs Soumya Christabel, Dr Sushmitha R Karkada, Mrs Prima JJ D'Souza, Mrs Jeylakhmi, Mrs Charlet Jasmine Vaz, Mrs Laveena A Barboza, Dr Melita Sheilini, Mrs Sulochana, Mr Renjulal Y, Dr Binil V

## MCON Non Teaching Staff



**Bottom row: Left to right:** Ms Nayana, Mrs Usha, Dr Judith A Noronha, Dr Anice George, Mrs Malini, Mrs Shanthi Baliga, Mrs Pushpa

**Middle row: Left to right:** Mrs Divya, Mrs Gayathri Nayak, Mrs Prameela, Mrs Malathi, Mrs Revathi, Mrs Jayalaxmi, Mrs Saritha

**Top row: Left to right:** Mr Gururaj Kamath, Mr Dinesh Naik, Mr Deepak Shetty, Mr Santhosh B, Mr Dayananda Nayak

## Ist Year BSc Nursing



**Row 1: Left to right:** Ms Aishwarya Suresh, Ms Sajana Sajan Jose Valavi, Ms Akshatha, Ms Jeena Flavia Dsouza, Ms Madhuri, Ms Nikshitha Poojarthy, Ms Sowjanya B, Ms Sathya P, Ms Sinduja, Mrs Laveena Anita Barboza, Mrs Radhika R Pai, Ms Anjana K B, Ms Jesna James, Ms Deeksha, Ms Navya, Ms Merin Reji, Ms Dona Augustine, Ms Marya Roy; **Row 2: Left to right:** Ms Aksha Rajan David, Ms Aneeshya Jossy, Ms Pema Sangmo, Ms Tenzin Dekhyi, Ms Tenzin Sonam, Ms Jewel Maria Jose, Ms Aleena Jaison, Ms Alfy 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 Shwii Andrina Dsouza, Ms Joyce Alphonsa, Ms Steffy Anna John; **Row 3: Left to right:** Mr Sharath Tom Reji, Ms Sheba Samkuttu 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 Evan Lobo, Ms Swathi Naik, 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 Johnny Ambatathumkal, Ms Sandra M Jose, Ms Kirana R, Ms Stuthi Mildred Salins, Ms Carol Swethana Cardoza, Ms Swidal Mendonca, Ms Pallavi, Ms Arti Chauhan, 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 Ronald Harshith, Mr Albin Anil, Mr Philips Roy, Mr Glensten Benny, Mr Joel George, Mr Muralidhar Ram Mohan Shenoy, Mr Mrimmoy Maiti, Mr Joel Suraj, Mr Bhavik Navhal, Mr Aritra Mondal, Mr Rakesh Prabhu R, Mr Anand Upadhyay

## IIInd Year BSc Nursing



**Bottom row: Left to right:** Ms Roshni Gladies, 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, Ms Sangeetha Priyadarshini, Dr Maria Pais, Ms Sonam Youdan, Ms Rashmi, Rinita Robert, Ms Adlin Riya D'souza, Ms Ashitha Saiju, Ms Riya Issac, Ms Annu K Joy, Ms Helen Elizabeth Mathews, Ms Anmmaria 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 Ferrandes, Ms Sahana Sheyal, Ms Racheal Nikita Cuthinha, Ms Sona Treesa Sunny, Ms Amala Tressa 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 Jevita Ferrandes, Ms Pritha Roy Ghathak, Ms Anjusha P N, Ms Jisna Joseph, Ms Nena Jessica Justin, Ms Jeffi Elizabeth Johnny, Ms Minnu Shaju, Ms Saniha Mol Saiji, Ms Andria Magi Mathew, Ms Tshegotatso Marumo, Ms Divya Rajan, Ms Roshna Mathew; **Row 4: Left to right:** Ms Melvita Beconiya Andrade, Ms Meenakshi, Ms Sherin Caroline Panglanna, Ms Tenzin Sonam, Ms Namkha Ngodup, Mr Sharath R Patil, Mr Mmoloji Thato Raboroko, Mr Shahabaz Ali Khan, Mr Manzoor Ali Mir, Mr Alison Joshua Andrade, Mr Simson D'souza, Mr Chrston Floyd Aranha, Mr Tino Tomy Panakuzhijil, 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

## IIIrd Year BSc Nursing



**Row 1: left to right:** Ms Tresa Rony, Ms Aparna Mathew, Ms Shreelalitha HK, Ms Payel Sarkar, Ms Eden Jude Fernandes, Ms Tenzin Nordon, Ms Issabel Issac, Ms Tenzin Lobsang, Ms Jayang Tso, Ms Dekyi, Dr Sushmitha R Karkada, Mrs Savitha, Ms Reeshal Rosita Salins, Ms Kiran Mendonca, Ms Shiby M Shaju, Ms Shreya, Ms Pearl Jasmine Fernandes, Ms Poojary Deepthi Suresh, Ms Sneharaj RS, Ms Jesly Anna James, Ms Anaktha Mariya Jose, Ms Reshma Samuel; **Row 2: left to right:** Ms Rangchung, Ms Sneha P Joseph, Ms Gloria R, Ms Sneha Ann Mathew, Ms Angel Mariam John, Ms Susmy Sara Saju, Ms Beula Anyan, Ms Riya Mary Peter, Ms Sarita Yadav, Ms Rayona Roy, Ms Glory Maria Varghese, Ms Amal Mariya Benny, Ms Ashlin John, Ms Liya Sunny, Ms Aleena Mariya Stanly, Ms Neha Elezabeth Thomas, Ms Delna Roy, Ms Oliviya Philip, Ms Evelin Mary Biju, Ms Angel Theresa Joseph, Ms Elsa Baby, Ms Sherin Shajan, Ms Melissa Dmello, Ms Sona George; **Row 3: left to right:** Ms Sahana M, Ms Elizabeth Joy, Ms Susan Sara Mathew, Ms Amitha Alias, Ms Anaktha Biju, Ms Anu Jaison, Ms Anusha Jose, Ms Jithu Mariam Babu, Ms Anamol Mathew, Ms Sherin Joson, Ms Bril Sebastian, Ms Sandra Binny, Ms Charvi Sharma, Ms Tashi Choetsu, Ms Chinnurmol George, Ms Shiry Ruby Dsilva, Ms Julie Maria, Ms Chrislin Maria, Ms Saira Eliz Thomas, Ms Sumi Eliza George, Ms Riya Nisha Mendonca, Ms Reshal Preema Fernandes, Ms Melvita Britto, Ms Glaney Josline Dsouza, Ms Kavya; **Row 4: left to right:** Mr Renjith Kumar, Mr Sharan Kumar, Mr Abhinav Anand, Mr Keerthan Kumar KR, Mr Tom S Puthenpurackal, Mr Ancil Hanston, Ms Sandra Manuel, Ms Susan Anna George, Ms Rinsu Ann Rajan, Ms Anjana K George, Ms Tissa Sara Thomas, Ms Alphy Elsa Sabu, Ms Anusha M, Ms Pavana, Ms Amrutha Jimmy, Ms Liana M Wilson, Ms Vinslet Alisha Ferrao, Ms Benita Malvi Dcunha, Ms Venisha Liniya Gaga, Ms Shanal Supriya Kaunds, Mr Tenzin Yeshi, Mr Tenzin Cocklang, Mr Durganand Yadav, Mr Basil Sabu, Mr Alex Binu Chettiath, Mr Cyril Sabu

## IVth Year BSc Nursing



**Bottom row : Left to right:** Ms Bhavyashree, Ms Anjitha Jai, Ms Amala James, Ms Anns Kurian, Ms Joshilia Jose, Ms Nella Susan Varghese, Ms Aparna, Ms Riby Susan Roy, Ms Ansa KS, Ms Anushree Naik, Ms Christina Sarah Abraham, Ms Christina John, Ms Namitha Saji, Mrs Shobha, Mrs Anjalini D'souza, Ms Aneeta Elsa Kurian, Ms Meghna Pandit, Ms Sonam Choden Lepcha, Ms Nyima Lhamo, Ms Dolkar Lhamo, Ms Jenita D'Souza, Ms Namratha US, Ms Delvia Martina D'sa, Ms Minal Sonia Quadras, Ms Sharol D'Souza; **Row 2: Left to right:** Ms Alisha Rani, Ms Lakshmi TP, Ms Sajina, Ms Renita Simran, Ms Ashmitha Margarita Kunder, Ms Stephy Jose, Ms Alaida Shibu, Ms Delna Tomy, Ms Jinu K Joy, Ms Ibey Joseph, Ms Sneha Thomas, Ms Manisha Maria Kunnacherry, Ms Ciya Cicily Thampi, Ms Karishma Abraham, Ms Benita Thampam, Ms Teesa Mary Varghese, Ms Mija George, Ms Sneha Rani Chacko M, Ms Tenzin Khandro, Ms Phuntsok Dolma, Ms Jigme Choedon, Ms Tenzin Yingsel, Ms Tsering Wangmo, Ms Tenzin Paldon Lama, Ms Riya Mariyam Raju, Ms Aleesha Antony, Ms Rosemary Antu; **Row 3: Left to right:** Ms Anisha Lukose Chacko, Ms Johanna Banet D'Cunha, Ms Divisha, Ms Shyamala, Ms Shwetha, Ms Sheril Jennifer Kunder, Ms Anusha Saliyan, Ms Rashal Rashmi Martis, Ms Dhanya Babu, Ms Astha Mathew, Ms Anupriya Mathew, Ms Danu Mary Varghese, Ms Alena Saji, Ms Ashly Johnson, Ms Merin Mercy Saji, Ms Mittu Maria Reji, Ms Shiji Philip, Ms Eva Jennifer Martis, Ms Rintu K Raju, Ms Anu George, Ms Bhavya S Saliyan, Ms Neha H, Ms Francel Manisha Lobo, Ms Rishel Smitha D Mello, Ms Rolanda Noronha, Ms Melissa Machado, Ms Lolisha Pinto; **Row 4: Left to right:** Ms Siji, Sunny, Ms Shalin Mathew, Ms Aishwarya Mathew, Ms Tennyamol Thomas, Ms Fatema Mohamed Fazel, Ms Melissa Valentina D'Souza, Ms Sepra Vencita Pinto, Ms Mareena Winson, Ms Minu mol Johny, Mr Tenzin Namgyal, Mr Migmar Lama, Mr Thinlay Dorjee, Mr Mohamed Mustafa MH Hanif Shaikh, Mr Sunil D'Souza, Mr Hemendra Singh Jadon, Ms Joe James, Mr Jerry Biju, Mr Roshan Abraham, Mr Shailesh Poojary S, Ms Anisha D'Souza, Ms Poojashree, Ms Ashral Ann D'Silva, Ms Diana Carol Menezes, Ms Sharol Twinkle D'Souza

## Ist Year PB BSc Nursing



**Left to right:** Mr Shaik Siraj Salim, Mr Srikantha, Ms Malisha Dsouza, Ms Renvita Mary Dalmeida, Ms Nishmitha, Ms Jenita Shanthi Dalmeida, Dr Latha T Bhat, Mrs Anusuya V Prabhu, Ms Kavitha, Ms Seema Lewis, Ms Smitha, Mr Sumanth, Mr Arun Nayak, Mr Sharath

## IInd Year PB BSc Nursing



**Bottom row: Left to right:** Ms Tenzin Youtso, Ms Preethy K P, Ms Tsamchoe, Ms Bindu George, Mrs Janet Alva, Mrs Charlet Jasmine Vaz, Ms Anupam Yadav, Ms Shaila Lavita Dalmedia, Ms Tenzin Yangton, Ms Tenzin Woesser; **Top row: Left to right:** Mr Preetham Nayak, Mr Tenzin Chime, Ms Bincy Eapen, Ms Princia Stephny Dsouza, Ms Toshiba Lhomo, Ms Neha Rajpoot, Ms Deeksha, Ms Reena Ty, Mr Mpho William Nongabe, Mr Kunga Dheden

## Ist Year MSc Nursing



**Row 1: Left to right:** Ms Ilakkiya P, Ms Badaplin Rynjah, Dr Sonia RB D'Souza, Mrs Binu Margaret, Ms Shwetha Prabhu, Ms Angel Thomas; **Row 2: Left to right:** Mr Raghavendra Nayak, Ms Kusumavathi, Ms Joyce Machado, Ms Piyali Saha, Ms Tsering Dolma, Ms Priya Laveena Alva, Mr Shakeel Mohan

## IInd Year MSc Nursing



**Row 1: Left to right:** Ms Smitha D Varghese, Ms Roshini Dsouza, Ms Sowmya Naik, Dr Melita Shelini, Dr Binil V, Ms Manisha Samantha, Ms Tanusri Pradhan, Ms Jagriti Niyogi; **Row 2: Left to right:** Ms Binita Sharma, Ms Sabina Sharma, Ms Sangeeta BSR, Ms Ritu Kumari, Ms Shalini, Ms Carol Noronha, Ms Pooja Bakshi, Ms Hema Shankar, Ms Annie Nirmala A



## Ist Year MPhil Nursing



**Bottom row: Left to right:** Ms Chanda Chakrabarty, Ms Reema Roy, Mr Renjula Y, Mrs Shalini G Nayak, Ms P Ganga Devi, Ms Rakhi Seban; **Top row: Left to right:** Ms Deepanjali Roy, Ms Bincy Varghese, Ms Litna George, Ms Charmaine Crystal Salins, Devi Prasanna Koliseti, Ms Steffy John

## IInd Year MPhil Nursing



**Left to right:** Sr. Serena, Jasna T, Purnima Kundu, Mrs Sahlini G Nayak, Mr Renjula V, Maryelizabeth Tidiya Walarine, Veena Kumari, Preena Maria Corda, Priya N P , Kotari Durga Pavani, Shiney Easo, N Jyothi

## I Yr Nurse Practitioner in Critical Care Post Graduate Residency Program



**Left to right:** Alex Denzil Premanath Huggi, Chaitra V Shetty, Mrs Soumya Christabel, Dr Jyothi Chakrabarty, Preethi, Shilja Puthumangalthu Sasi

## II Yr Nurse Practitioner in Critical Care Post Graduate Residency Program



Prasanna Kumara, Dr Jyothi Chakrabarty, Mrs Sowmya Christabel

## Research Core Committee



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

## IRC committee



**Bottom row: Left to right:** 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;  
**Top row: Left to right:** Mrs Daisy J Lobo, Dr Sonia R B D'Souza, Dr Malathi G Nayak, Mrs Sulochana

## Adjunct Faculty



Dr Basanthi Majumdar  
Mc Master University Canada



Dr Beena Joseph Richmond  
Texas



Dr Elissa Ladd,  
MGH Institute of Health Professionals, Massachusetts



Dr Carolyn M Porta  
University of Minnesota



Dr Simi Jesto Joseph  
GI Solution, Morton Grove, IL



Dr Lorna Moxham  
University of Wollongong, Australia

## Project staff



Left to right: Ms Tenzin Phagdol, Ms Michelle, Mr Sooraj, Mrs Joslin Dalmeida, Ms Mamatha

## PhD Scholar



**Bottom row: Left to right:** Mrs Sunitha, Mrs Anupama, Dr Baby S Nayak, Ms Monalisa Saikia, Mrs Edlin Glane Mathias  
**Top row: Left to right:** Mrs Clerita Shynal Marties, Ms Jyothi, Ms Tenzin Phagdol

# Arts



**Arti Chauhan**  
1st year BSc Nursing





Priya Laveena  
1st year MSc Nursing



Priya Laveena  
1st year MSc Nursing



**Madhuri**  
1st year BSc Nursing



**Madhuri**  
1st year BSc Nursing

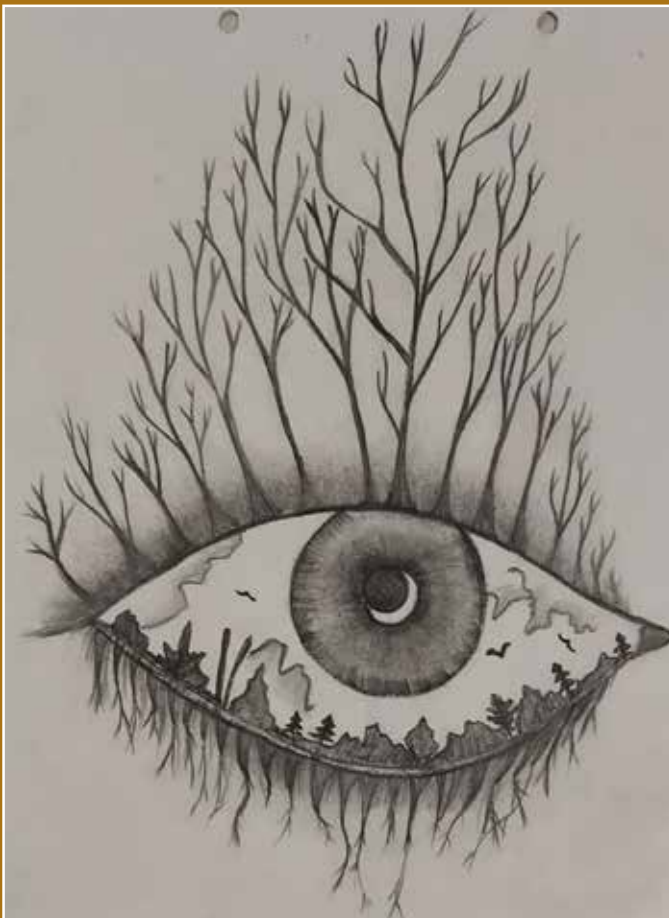




**Sarita Yadav**  
3rd year BSc Nursing



**Tresa Rony**  
3rd year BSc Nursing



**Liya Sunny**  
3rd year BSc Nursing



**Sicil Maria Sibi**  
1st year BSc Nursing



**Anagha Sebastian**  
1st year BSc Nursing

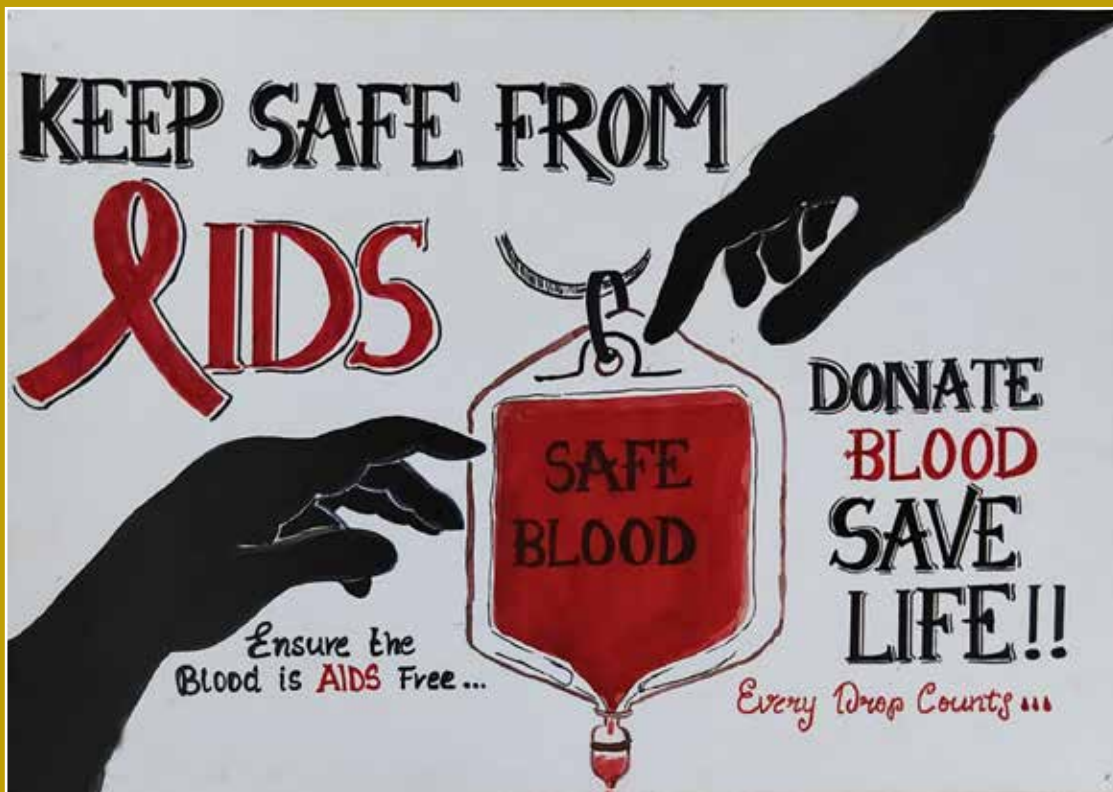


Payel Sarkar

3rd year BSc Nursing



**Oliviya Philip**  
3rd year BSc Nursing



**Saira Elis Thomas**  
3rd year BSc Nursing



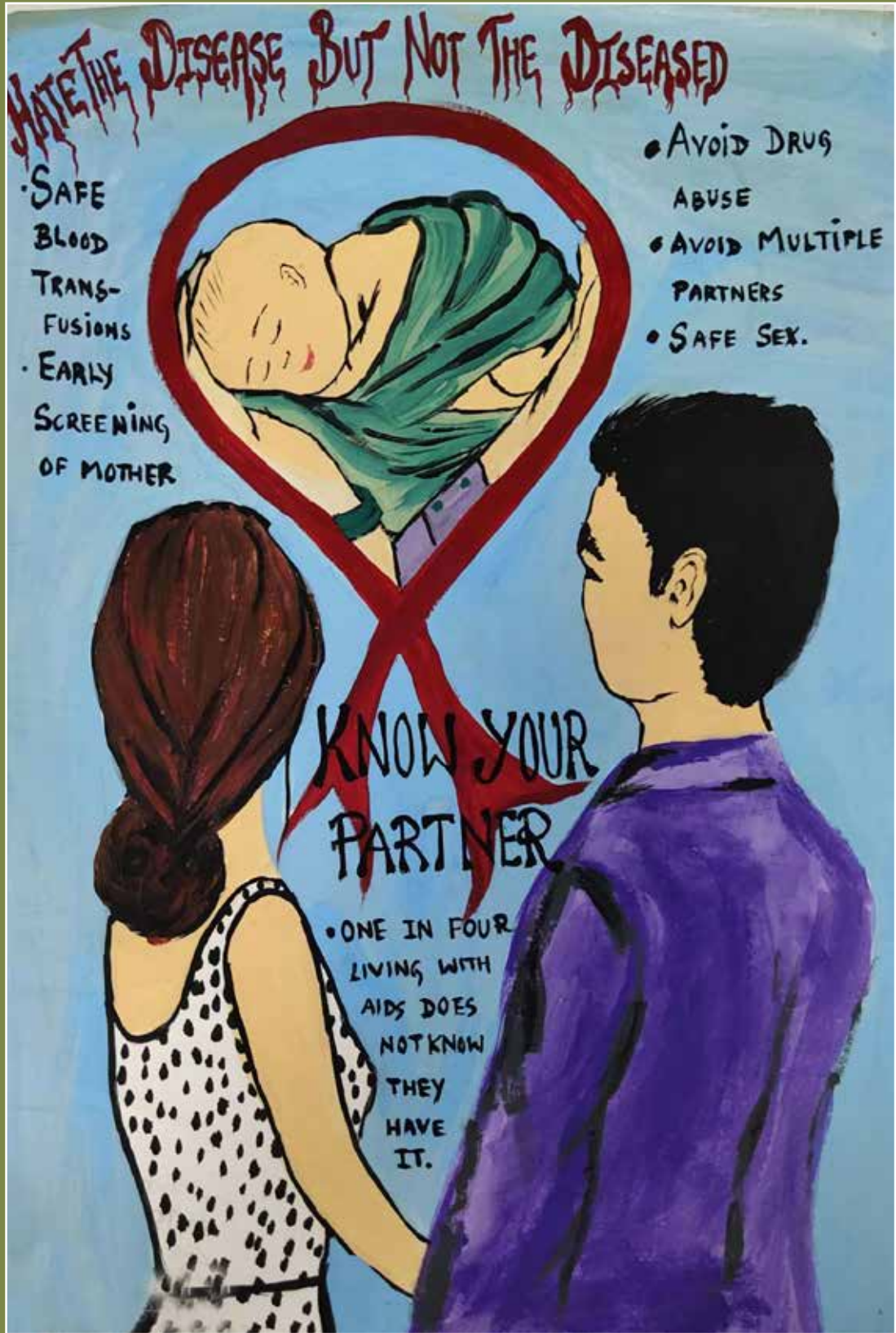
**Aritra Mondal**  
1st year BSc Nursing



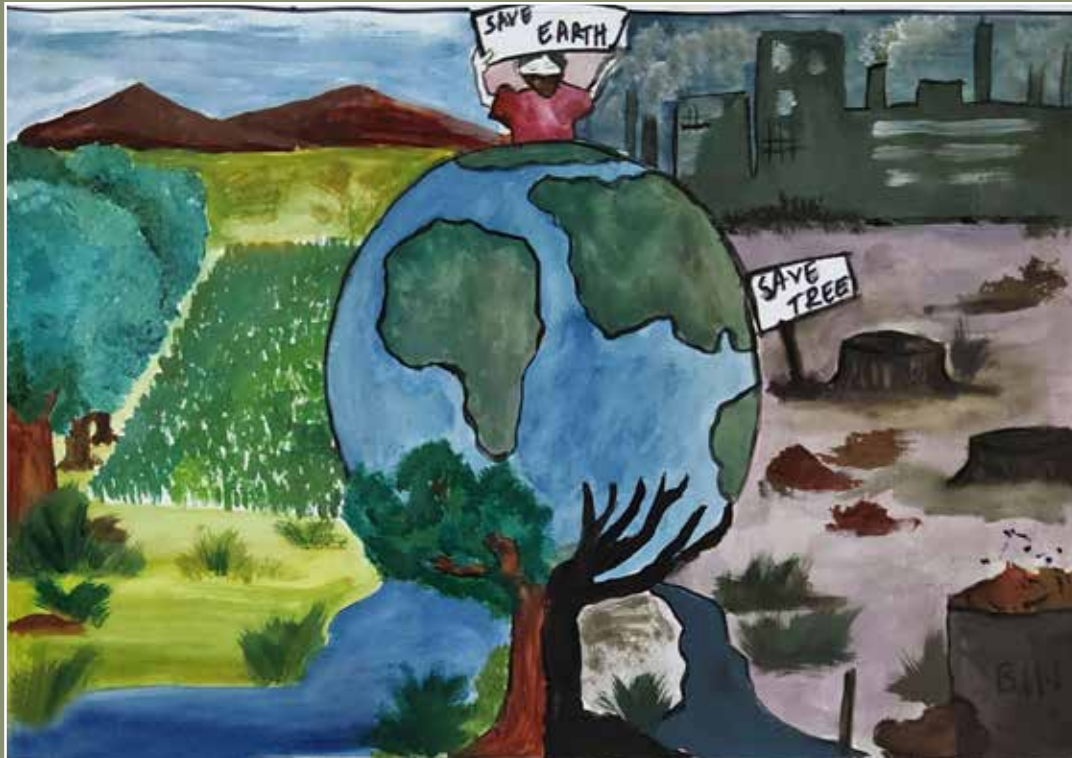
**Padmapriya**  
2nd year BSc Nursing



**Arita Mondal**  
1st year BSc Nursing



Dolkar Lhamo  
4th year BSc Nursing

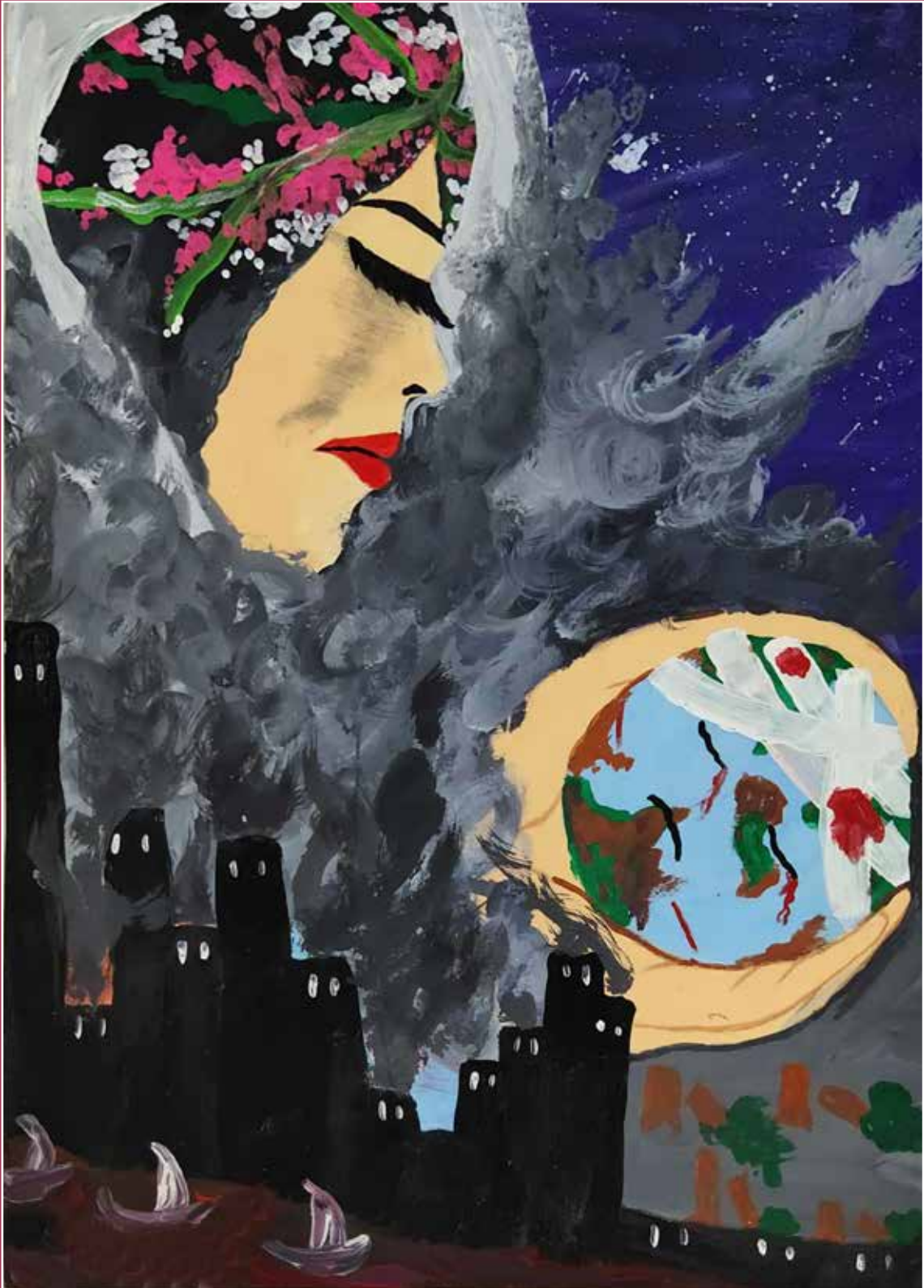


**Anisha Kairanna**  
2nd year BSc Nursing



**Namratha U S**  
4rth year BSc Nursing





**Dolkar Lhamo**  
4th year BSc Nursing

# Captured photography



Dr Baby S Nayak



Joel



Dr Baby S Nayak



Binu Margaret



**Preetham Nayak**





Dr Jyothi Chakrabarty

## Events Captured in Newspaper

15+ JUNE 2019

### ಮಾಹೆ- ಮಾಲ್ಕೋ ವಿ.ವಿ. ಒಪ್ಪಂದ



ಒಪ್ಪಂದ ನೆರವಾಗಲಿದೆ. ಬುಧವಾರ ಮಾಹೆಯ ಕುಲಪತಿ ಡಾ|| ಎಚ್. ವಿನೋದ್ ಭಟ್ ಮತ್ತು ಮಾಲ್ಕೋ ವಿ.ವಿ. ಕುಲಪತಿ ವೈ. ಕರ್ನಾಟನ್ ಥೋಮ್ ಅವರು ಜಂಟಿ ಒಪ್ಪಂದಕ್ಕೆ ಮನವಿಗಳಲ್ಲಿ ಸಹಿ ಮಾಡಿದರು. ಹಿರಿಯ ಪ್ರಾಧ್ಯಾಪಕಿ ಡಾ|| ಎಲಿಜಬೆತ್ ಮ್ಯಾಂಗಿಯೋ, ಮಾಹೆ ಇಂಟರ್ನ್ಯಾಷನಲ್ ಕೊಲಾಬರೇಷನ್ ನಿರ್ದೇಶಕಿ ಡಾ|| ರಘು ರಾಧಾಕೃಷ್ಣನ್, ಮನವಿಗಳ ಕಾಲೇಜ್ ಆಫ್ ನರ್ಸಿಂಗ್‌ನ ಡೀನ್ ಡಾ|| ಅನಿಸ್ ಕೋರ್ಚ್, ಪ್ರಾಧ್ಯಾಪಕಿ ಡಾ|| ಬೀಬಿ ಎಸ್. ನಾಯಕ್ ಉಪಸ್ಥಿತರಿದ್ದರು.

ಮನವಿಗಳ, ಮೇ 31: ಮನವಿಗಳ ಮಾಹೆ ಹಾಗೂ ಸ್ವಿಡನ್‌ನ ಮಾಲ್ಕೋ ವಿಶ್ವವಿದ್ಯಾನಿಲಯ ಒಪ್ಪಂದ ವಶಕ್ಕೆ ಸಹಿ ಮಾಡಿವೆ. ಅಂತಾರಾಷ್ಟ್ರೀಯ ನೆರವು ಯೋಜನೆ ಗಳಲ್ಲಿ ಮತ್ತು ಸಾಮರ್ಥ್ಯ ವೃದ್ಧಿ ಚಟುವಟಿಕೆಗಳಲ್ಲಿ ವಿನಿಮಯ, ಸಂಶೋಧನೆ, ಅಭಿವೃದ್ಧಿ ಜಂಟಿ ಕೋರ್ಸು, ಅಂತಾರಾಷ್ಟ್ರೀಯ ಭಾಗೀದಾರಿಕೆ ಮೂಲಕ ನರ್ಸಿಂಗ್ ವಿದ್ಯಾರ್ಥಿಗಳ ಮತ್ತು ಪ್ರಾಧ್ಯಾಪಕರ ಅಂತಾರಾಷ್ಟ್ರೀಯ ಸ್ವರದ ಅವಕಾಶಗಳ ಹೆಚ್ಚಳಕ್ಕೆ

THE TIMES OF INDIA, MANGALURU  
MONDAY, APRIL 29, 2019

# College to host symposium on advanced dementia

TIMES NEWS NETWORK

**Manipal:** The Manipal College of Nursing, MAHE, in collaboration with the University of West of Scotland and Alzheimer Scotland, UK, will organize a symposium on 'Advanced dementia' on Tuesday. The symposium will also include focus group discussion on challenges faced by caregivers.

With India having an alarming 4 million people suffering from the symptom, there is an immediate

need to develop practical and theoretical understanding among practitioners, policy decision-makers and the public about advanced dementia, alongside an understanding of advanced dementia-related abuse and abandonment.

There is an urgent need within India to develop dementia education aligned with the Global Sustainable Development Goals. Advanced dementia within India is a hidden problem which places individuals

and sometimes their young carers at high risk of poverty and other inequalities.

Fifty million people are living with dementia globally and India has the second highest number of people suffering from it. The majority of people with dementia live in multi-generational households in India and around 50% include children under the age of 16 (Dementia India Report, 2010) and the majority of care is provided by family members and local home nurses.

# ಕಾರ್ಕಳ: ನಕ್ಕಲ್ ನಿಗ್ರಹ ಸಿಬಂದಿಗೆ ತರಬೇತಿ



ಕಾರ್ಕಳದ ಡಿವೈಎಸ್‌ಪಿ ಬೆಳ್ಳಿಯಪ್ಪ ಅವರು ತರಬೇತಿ ತಿವರ ಉದ್ಘಾಟಿಸಿದರು.

ಕಾರ್ಕಳ, ಅ. 31: ರೋಟರಿ ಪ್ರಥಮ ಚಿಕಿತ್ಸೆ ಹಾಗೂ ಹೃತ್ತಿಯ ಕ್ಲಬ್ ಕಾರ್ಕಳ ರಾಕೆಟಿ ಹಾಗೂ ಹಾಗೂ ಶ್ವಾನೋಚ್ಚ ವಾಸ ವೈನಃ ನಕ್ಕಲ್ ನಿಗ್ರಹಗಳ ಹಾಗೂ ಕೆಎಂ ಸ್ವಾವನೆ ತರಬೇತಿ ಕಾರ್ಯಕ್ರಮ ಆಸಕ್ತ ಮನವಾಲ ಇದರ ವತಿಯಿಂದ ಹಮ್ಮಿಕೊಳ್ಳಲಾಯಿತು. ನಕ್ಕಲ್ ನಿಗ್ರಹ ದಳದ ಸಿಬಂದಿಗೆ ಕಾರ್ಕಳದ ಡಿವೈಎಸ್‌ಪಿ ಬೆಳ್ಳಿಯಪ್ಪ

ಅವರು ತರಬೇತಿ ತಿವರ ಉದ್ಘಾಟಿಸಿದರು. ಕಾಡುಗಳಲ್ಲಿ ಕರ್ತವ್ಯದಲ್ಲಿರುವಾಗ ಆಗುವ ಆರೋಗ್ಯ ಸಂಬಂಧಪಟ್ಟ ಅವಘಡಗಳನ್ನು ಮೆಟ್ಟಿ ನಿಲ್ಲಲು ಇಂತಹ ತರಬೇತಿಗಳು ಸಹಕಾರಿಯಾಗಲಿದೆ. ಇದರ ಉಪಯೋಗವನ್ನು ಎಲ್ಲ ಸಿಬಂದಿ ಪಡೆದುಕೊಳ್ಳಬೇಕು ಎಂದರು.

ಮುಖ್ಯ ಅತಿಥಿ ಡಾ| ಭರತೇಶ್ ಆದಿರಾಜ್ ಕಾರ್ಯಕ್ರಮಕ್ಕೆ ಶುಭಹಾರೈಸಿದರು.

ತರಬೇತುದಾರರಾಗಿ ಡಾ| ಎಲ್ಲ ಸನಕೋಂಬಿ ದೇವಿ, ಡಾ| ಮೆಲಿಟ ಶೈಲಿನಿ, ಸೌಮ್ಯ ಆಚಾರ್ಯ, ಎಡಿಶ್ ಜೊವಿಟಾ ಆಗಮಿಸಿದ್ದರು. ರೋಟರಿ ಕ್ಲಬ್ ರಾಕೆಟಿಯ ನಿಯೋಜಿತ ಅಧ್ಯಕ್ಷ ಸುರೇಂದ್ರ ನಾಯಕ್ ಸ್ವಾಗತಿಸಿ, ಕಾರ್ಯದರ್ಶಿ ನಿತಿಶ್ ಕುಮಾರ್ ವಂದಿಸಿದರು. ನಟೇಶ್ ಕುಮಾರ್ ಕಾರ್ಯಕ್ರಮ ನಿರ್ವಹಿಸಿದರು.

## Nursing student's Yakshagana video goes viral; she gets a stage to showcase her art

TIMES NEWS NETWORK

**Mangaluru:** After a video of her impromptu Yakshagana performance at her cousin's mehendi function went viral, recently, Chaitra Shetty, 24, a nurse practitioner at KMC, Manipal, now has new opportunities knocking on her door.

Speaking to TOI, Chaitra Shetty, who hails from Kadekar in Udupi, said, "Ever since childhood, I was interested in drama and other cultural activities. However, opportunities were limited. When I was in class VII, I started learning Yakshagana under guru Rajeev Thonse and very soon we formed a team called Durgambika Mahila Yakshagana with Gangadhar G as its convener. We perform annually. We also have a chende (cylindrical percussion instrument) team. However, because of my profession, I have not been able to dedicate more time to Yakshagana," she said.

On May 15, Chaitra attended her cousin's mehendi ceremony and her cousins



Chaitra Shetty, a post graduate nursing student from KMC, Manipal whose Yakshagana went viral.

from Mumbai also participated. "It was a simple function without DJs performing. It was celebration time and women from our family too took turns to dance to various songs from Bollywood and Sandalwood. Suddenly, someone played the Kannada

Yakshagana song 'Yare Nenu Bhuvana Mohini' on a mobile phone. All my cousins forced me to dance. My granny too wanted to see me perform. Not aware that the dance was being captured on mobile phones, and looking at the bride, I just kept dancing," she said.

Chaitra danced to several other numbers including traditional 'hullivasha' music. There was a point when her uncle too joined her and they danced together. On May 17, at her cousin's wedding, everyone complimented her for the performance. That was also when Chaitra got to know that her video had gone viral on WhatsApp.

"Initially, my uncle and cousin scolded me. I was very scared. I am not very active on social media and kept thinking what my guru would think of me. But soon, I realised that people were appreciating my work. This gave me a lot of motivation. I got several calls, and women came forward and said they would like to join the ladies team. I was elated," said Chaitra.

### Abused for dance with kin

She was shattered on May 20, when she realised that another video of her dancing with her uncle had gone viral. People said that she was

bringing a bad name to Yakshagana and accused her uncle of being drunk. That was when a few big names from the industry came forward and supported her.

Artist Sumangala Ratnakar stood in support of Chaitra and shared a message on WhatsApp that Chaitra had done no wrong. Her brother Sudheer Shetty supported her.

A local television channel decided to conduct her live interview. Chaitra challenged haters on social media that if given an opportunity, she would perform Badagu style Yakshagana with costume. She was surprised that on May 26, she got an opportunity to perform for seven minutes at the 25<sup>th</sup> wedding anniversary of Pradeep Alva and the engagement ceremony of his daughter. She won hearts. "I was surprised when I was told that Dr Mohan Alva, chairman, Alva's Education Foundation, has assured support for my higher education," she said.

## 'Exhibit patience and courage'

TIMES NEWS NETWORK

**Manipal:** Nurses and policemen operate at the cutting edge level of their professions as they assess and deliver their jobs without any compromise, said K Annamalal, deputy commissioner of police, South Bengaluru, at the 29th Awards and Annual Day celebration of Manipal College of Nursing, MAHE, Manipal, here on Friday.

Citing examples, he said, "Calmness, patience, and courage are the qualities that nurses have to display all through their service. "Manipal is an energy-filled place and is considered as a model for education and thus the Government of India has bestowed the 'Institute of Eminence' status upon MAHE," he added.

Saroja Jaykumar, AGM of medical services, Manipal Hospital, Bengaluru,



**HONOURED:** Alphonsa E T receives the best outgoing student award from K Annamalal, DCP, South Bengaluru, in Manipal on Friday

said the present generation is highly technical and want to move fast. She urged the budding nurses to challenge themselves, speak out, question, and communicate. "Be open to learning, take time to correlate what is learnt, put the learning into patient

care, challenge every assumption and be kind to everyone amidst the hurried task," she said.

Dr PLNG Rao, pro vice chancellor (quality assurance), MAHE, Manipal, said qualities like active listening, empathizing and sympathizing with patients, their relatives and other professionals is very important.

Annamalai also inaugurated the Gerontological Nurses' Association of India (GNAI). Also, MCON Research e-newsletter was released by Saroja. They also presented awards to the meritorious students.

Some of the award winners were: Alphonsa E T, best outgoing student; Mamatha S Pai, professor and head, Department of Child Health Nursing, most accomplished faculty; Sheela Shetty and Prima J J D'Souza, assistant professors, MCON Manipal, good teachers.

## Seminar on positive aging today

SPECIAL CORRESPONDENT  
MANIPAL

The Manipal College of Nursing, MAHE, will organise a seminar on positive aging for those who are aged 55 and above on the Nursing College Campus here at 2 p.m. on Saturday.

A press release here said that the half-day seminar will mainly focus on the concept of "Positive aging: The newer and innovative way to approach later life".

It will focus on the usual mental state of older adults and how to be prepared for managing that mental state for positive aging. Another topic which will come up for discussion would be on different welfare schemes available for older adults in India.

It will emphasise on the privileges offered by various Ministries of the Union and State governments to older adults, the release said.

## Conference on disaster management

TIMES NEWS NETWORK

**Manipal:** A state level conference on 'Disaster management: A preparation to react and a decision to overcome' was organised by first year MSc nursing students of Manipal College of Nursing, MAHE, Manipal, at Shirdi Sai Baba Conference Hall, Kasturba Hospital, Manipal, recently.

Dr Narayana Sabhahit, registrar, MAHE, was the chief guest. Dr Binil V, assistant professor, department of mental health nursing was the faculty convenor of the conference. The conference was held to sensitise interdisciplinary teams on the awareness of disaster management, to be prepared to face unexpected disasters.

## Do your best for nation, Korlapati tells nursing students

SPECIAL CORRESPONDENT  
MANIPAL

Hepsiba Rani Korlapati, Deputy Commissioner, told budding nurses to dedicate their work to the cause of humanity and provide their best services to the nation.

"You are important and your contribution to the progress of the entire nation is invaluable," she said at the 'International Nurses' Day' celebrations organised by Manipal College of Nursing, here on Saturday. "Nurses are the voice and critical force in times of distress in the healthcare sector," she added.

Presiding over the function, Poornima Baliga B., Pro Vice-Chancellor - Faculty of Health Sciences, MAHE, lauded the college for conducting various programme during the week.

- She emphasised on team



Hepsiba Rani Korlapati, Deputy Commissioner, speaking at the International Nurses Day celebrations in Manipal on Saturday.

work in healthcare and said that nurses have an important role to play in a healthcare team and their motto should be service to the community.

Various activities, such as a blood donation camp, an awareness programme for

mothers of under-five children, a workshop on inter-professional practice and education, etc., were conducted. Kasturi R. Adiga, former Principal of Manipal School of Nursing, Anice George, Dean, MCON, were present.

# ಉದಯವಾಣಿ

ಮುಂಬೈ, ದಿನಾಂಕ: 17, 2019

## ರಾಷ್ಟ್ರಕ್ಕಾಗಿ ಸೇವೆ: ನರ್ಸ್‌ಗಳಿಗೆ ಡಿಸಿ ಮೆಚ್ಚುಗೆ

ಮುಂಬೈ, 17: ರಾಷ್ಟ್ರಕ್ಕಾಗಿ ಕಷ್ಟ ಸಮಯದಲ್ಲಿ ಸೇವೆ ಸಲ್ಲಿಸಿ ಮೆಚ್ಚುಗೆಗೆ ಪಾತ್ರರಾದ ನರ್ಸ್‌ಗಳಿಗೆ ಡಿಸಿ ಮೆಚ್ಚುಗೆ.

ಮುಂಬೈನಲ್ಲಿ ನರ್ಸ್‌ಗಳಿಗೆ ಡಿಸಿ ಮೆಚ್ಚುಗೆ ನೀಡುವ ಕಾರ್ಯಕ್ರಮವು ನಡೆಯಿತು. ಈ ಕಾರ್ಯಕ್ರಮವನ್ನು ಮುಂಬೈನಲ್ಲಿ ನಡೆಸಿದ ಸರ್ಕಾರಿ ಆರೋಗ್ಯ ಇಲಾಖೆಯ ಅಧ್ಯಕ್ಷರು, ಡಿಸಿ ಮೆಚ್ಚುಗೆ ನೀಡಿದರು.

ಮುಂಬೈನಲ್ಲಿ ನರ್ಸ್‌ಗಳಿಗೆ ಡಿಸಿ ಮೆಚ್ಚುಗೆ ನೀಡುವ ಕಾರ್ಯಕ್ರಮವು ನಡೆಯಿತು. ಈ ಕಾರ್ಯಕ್ರಮವನ್ನು ಮುಂಬೈನಲ್ಲಿ ನಡೆಸಿದ ಸರ್ಕಾರಿ ಆರೋಗ್ಯ ಇಲಾಖೆಯ ಅಧ್ಯಕ್ಷರು, ಡಿಸಿ ಮೆಚ್ಚುಗೆ ನೀಡಿದರು.

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ರಾಷ್ಟ್ರಕ್ಕಾಗಿ ಸೇವೆ ಸಲ್ಲಿಸಿದ ನರ್ಸ್‌ಗಳಿಗೆ ಡಿಸಿ ಮೆಚ್ಚುಗೆ.

# Do your best for nation, Korlapati tells nursing students

SPECIAL CORRESPONDENT MANIPAL

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Hephisba Rani Korlapati, Deputy Commissioner, speaking at the International Nurses Day celebrations in Manipal on Saturday.

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She emphasised on team

work in healthcare and said that nurses have an important role to play in a healthcare team and their motto should be service to the community.

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February 21, 2019 + 4 DECCANHERALD

# MCON hosts conference on disaster mgmt

MANIPAL, DHNS: A state-level conference on 'Disaster Management: A Preparation To React And A Decision To Overcome' was organised by the first-year MSc Nursing students of Manipal College of Nursing-MAHE here, recently.

The conference was organised to create awareness among interdisciplinary teams about the disaster management. The conference also focused on implementing training programmes dealing with different types of disasters.

Over 150 delegates from Karnataka and other states took part in the conference.





# Glimpses











In memory of



**Late Dr. Aparna Bhaduri**

PG Coordinator (*Tenure: 17.06.1994 – 31.12.2004*)



**MANIPAL**  
ACADEMY of HIGHER EDUCATION

(Deemed to be University under Section 3 of the UGC Act, 1956)

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