



MCON E-news letter

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E- letter coordinator: Issue 2

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ACADEMIC

OBSERVATION OF NATIONAL YOUTH DAY



National Youth Day was observed on 12th January 2019 at 10.00 am. Dr Latha T Bhat, Assistant Professor - Senior Scale was the speaker for the event. She highlighted the significance of the day and also spoke on the contribution of Swami Vivekananda for Education and Philosophy.

FIRST AID AND CPR PROGRAM



The faculty of Manipal College of Nursing MAHE, Manipal conducted the First Aid and CPR training programme for the Anti Naxal Force, Karkala Branch on 16th January 2019 from 9 am-1 pm at the training center for Anti Naxal group, Kukkundoor, Karkala, Udupi District. The team from MCON Dr. Melita Sheilini, Mrs. Janet Alva & Mrs. Edith Jovita interacted with the police trainees on First Aid measures for various minor ailments.

ANNUAL SPORTS

The 28th Annual Sports Meet of MCON was held on 18th January 2019 at MIT Stadium. Ms. Jessy Andrews, Principal, Madhava Kripa Primary School, Manipal was the Chief Guest. Dr. Anice George, Dean, introduced the Chief Guest and welcomed the gathering. The Chief Guest shared her views on self-grooming, which, she said, is very essential to every individual. The Inaugural function was concluded with vote of thanks by Dr. Malathi G Nayak, Sports Advisor of MCON. 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 Prakashchandra, Director General Services, MAHE was the Chief Guest of the function. Individual championship was bagged by Mr. Alson, 2nd year BSc Nursing and Best outgoing sports man was bagged by Mr. Shailesh Kumar, 4th year BSc Nursing student. Ms. Swathi Naik, 2nd year BSc Nursing student bagged the individual championship for women.

LIVE WEBCAST OF PARIKSHA PE CHARCHA

As directed by UGC, we, at Manipal College of Nursing, MAHE, Manipal arranged for the live telecast of 'Pariksha Pe Charcha' – an interaction of the Honorable Prime Minister of India with students, teachers and parents at 11:00 am on 29th January, 2019. A total of 100 undergraduate Nursing students, 10 faculty members and two non-teaching staff of the Institution attended this live telecast.

AWARDS & ANNUAL DAY

The 29th Awards & Annual day celebration of MCON, MAHE, Manipal was held on 1st February 2019. The Chief Guest of the function, Mr. K Annamalai, Deputy Commissioner of Police, Bengaluru, said “Nurses and policemen operate at the cutting edge level of the profession as they assess and perform their duty without any compromise.” Manipal is a place filled with energy and is considered a brand model for education and thus Government of India has endowed Institute of Eminence status to MAHE, he added.

The Chief Guest inaugurated the Gerontological Nurses’ Association of India (GNAI), which is one of the first of its kind in the country. Also, MCON Research e-newsletter was released by Mrs. Saroja Jaykumar, AGM of Medical Services, Manipal Hospital, Bengaluru.

Awards for meritorious students, for their excellence in education and faculty members, for their various achievements were conferred. Best outgoing student award went to Ms. Alphonsa E T. Dr. Mamatha S Pai, Professor and Head, Department of Child Health Nursing was awarded the most accomplished faculty award. 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.

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 4th February 2019, 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 Somen’s First Grade College and PG Study Centre, Ajjarkadu, Udupi. He addressed the gathering on the importance of creating awareness on prevention of cancer. The second year PBBSc Nursing students gave a talk on cervical and breast cancer, followed by demonstration on breast self-examination.

FIRST AID PROGRAM

The faculty of Manipal College of Nursing MAHE, Manipal conducted the First Aid programme for the Polytechnic students on 5th February 2019 at Government Polytechnic College, Karkala, Udupi District. The program was jointly initiated by Rotary Hospital, Karkala, Red Cross Unit of Government. Polytechnic, Karkala and Rotary Club of Karkala Rock City. First Aid measures for the various minor ailments were briefed. A total 100 students were benefitted from this.

HEALTH AWARENESS

To promote the health awareness among the primary school students, the third year BSc Nursing students of Manipal College of Nursing Manipal, MAHE, Manipal organized health awareness programme in three different groups on 7th September 2018, 3rd November 2018 and 5th February 2019, at Academy School, Manipal. The purpose of the program was to sensitize students about personal hygiene, immunization and balanced diet.

STATE LEVEL CONFERENCE ON DISASTER MANAGEMENT

First Year M.Sc. Nursing students of Manipal College of Nursing, MAHE, Manipal, organized conference on ‘Disaster management: A preparation to react and a decision to overcome’ on 8th February, 2019 at Shirdi Sai Baba Conference Hall, Kasturba Hospital, Manipal. Chief Guest of the Conference, Dr. Narayana Sabhahit, Registrar inaugurated the event and spoke on both natural disasters and the manmade disasters, that occurred in India. He said, that people in Japan are well prepared to face any disasters, whereas in India, we are not prepared to face disasters. Dr. Anice George, Dean, MCON addressing the gathering said, students from different disciplines participated in this conference, which would help Interprofessional collaboration at the time of any disaster. A total of 157 delegates from Karnataka and other states of India attended the Conference.

INTERNATIONAL CHILDHOOD CANCER DAY

International Childhood Cancer day was observed by the Department of Child Health Nursing, MCON, MAHE on 15th February 2019. On this occasion poster competition was held on the theme “No more pain and no more loss”. 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.



FAMILY DAY

Every year, the Staff Welfare Committee of Manipal College of Nursing Manipal is organizing the Family Day – a get together for all the teaching and non-teaching staff along with their family members. Family Day for the year 2019 was held on 23rd February, 2019 at the Dr. TMA Pai Hall, KMC, Manipal. Mrs. Bharathi D Nayak, Senior Housekeeping Staff was felicitated for her service to the college from the inception of the college. Dr. Anice George, Dr. Judith Angelitta Noronha, Dr. Mamatha S Pai and Dr. Shashidhara YN rendered the felicitation speech. Children of faculty and staff members presented various cultural programmes.



AGGRESSION MANAGEMENT AND DRUG TOXICITY

A Continuing Nursing Education (CNE) programme on Aggression Management and Drug Toxicity was organized by the Department of Mental Health Nursing, MCON, on 20th February 2019 at Dr. A.V. Baliga Memorial Hospital, Doddanagudde, Udupi. This CNE was conducted for the staff nurses and nursing students with a view to update their knowledge regarding the care to a patient with aggression and lithium toxicity. The session on Aggression Management was conducted by Dr. Binil V, Assistant Professor, Department of Mental Health Nursing, MCON. This session was followed by “Demonstration of self-defence techniques” by 2nd year M.Sc. Nursing students.



NUTRITIONAL PROGRAMME

The students of 4th year B.Sc. Nursing, MCON, MAHE, Manipal, conducted a Nutrition Awareness program at Thirlapalkke Moodubelle, Udupi District on 1st March 2019, under the guidance of faculty, Community Health Nursing, MCON. Nutritional assessment and physical examination were conducted for the family members of 34 houses. The report showed that there is low intake of calcium and iron in their diet. As per the menu, food was prepared by adopting the principles of cooking. The students performed a role play on iron and calcium deficiencies followed by health education on prevention of these problems.



INTERNATIONAL WOMEN'S DAY

The faculty members and the postgraduate students of Department of OBG Nursing and Community Health Nursing of Manipal College of Nursing, MAHE, Manipal organized various programmes as part of the International Women's Day 2019. On 6th March 2019, awareness programme was conducted for a total of 120 postgraduate students of Dr. G. Shankar First Degree Women's College Ajjarkad Udupi. An outreach programme was held on 8th March 2019 at Dr. G. Shankar First Degree Women's College Ajjarkad Udupi. The programme was presided by the Principal of the college, Dr. Bhaskar Shetty, who highlighted the importance of women in the present scenario, and emphasized women's need to take a stand to show their power. Dr. Ashwathy Kumaran, Associate Prof, OBG Department Kasturba Hospital Manipal spoke on ‘Stress management and health issues in adolescence’.



Department of Community Health Nursing in association with LION'S club, Moodubelle Udupi District conducted an outreach programme at Geetha Mandir, Moodubelle for the general public, and ASHA workers. Mr. Ivan D'Almeida, President of LION'S club, Moodubelle inaugurated the programme. Sister Irene, Principal, St. Lawrence School, Moodubelle addressed the gathering on women's safety in society. Mr. Devadas Hebbar, Former President, Taluk Panchayat, Udupi spoke on women empowerment



WORLD TUBERCULOSIS DAY



A Tuberculosis Awareness Programme was organized by the Department of Medical Surgical Nursing, MCON, MAHE, Manipal on 22nd March 2019. As part of this, Dr. Vijaya Kumar, Assistant Professor, Department of Respiratory Medicine, KMC Manipal, delivered a guest lecture on “It’s time for action and it’s time to end tuberculosis” to the employees of hostel (Care takers), MAHE, Manipal. There was a role play with the theme “It’s time to End TB” by the First year MSc Medical Surgical Nursing Students. Dr. Anice George, Dean, MCON, Dr. Elsa Sanatombi Devi, Professor and Head, Department of Medical Surgical Nursing and other faculty members of the department were present during the event.



To sensitize to the general public on tuberculosis, an awareness programme was organized by the Department of Community Health Nursing, MCON, MAHE, Manipal along with Mantra Tourism Development Company on 23rd March 2019. The main aim of the program was to create an awareness in the society and convey a strong message to the community regarding Tuberculosis. A socio-drama was performed by IV year BSc Nursing students on Tuberculosis and its treatment modalities. The entire event was organized faculty of Department of Community Health Nursing,

WORLD HEALTH DAY



Manipal College of Nursing, MAHE, Manipal in association with District Administration, Zilla Panchayat, District Health & Family Welfare, National Health Mission, District Surveillance Office (NCD Unit), District Hospital, Udupi organized World Health Day on the Theme: “Universal Health Coverage: Everyone, Everywhere” on 5th April 2019 at Manipal College of Nursing, Manipal. The programme was inaugurated by the Chief Guest Dr. Om Prakash Kattimani, District Health Officer, Udupi. In his address, he said people in the community are not aware of all the services and treatment modalities available for the prevention and control of common communicable and non-communicable diseases. In the presidential address, Dr. Anice George, Dean, MCON, MAHE, said that every member of the health team from different sectors has an important role in delivering the care and services to the community towards creating health awareness and promoting the health for all in Udupi District. A total of 100 participants benefitted from the programme. A cervical cancer screening camp was organized on 7th April 2019 at Anganwadi, Nehru Nagar, Saralabettu in association with the Department of Community Medicine, KMC, Manipal.



INTERNATIONAL DAY OF MIDWIFE



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 & Gynaecological Nursing, Manipal College of Nursing MAHE Manipal. To promote awareness on reproductive health, health talk on Breast self-examination, antenatal exercises and postnatal exercises was conducted by II year MSc (OBG Nursing) students at Rural Maternity and Child Welfare Centres at Alevoor, Kapu and Malpe, from 6th to 8th May 2019. A total of 36 women benefitted from this programme. An awareness session was taken by Mrs Mary Anne Ranjini Sreshta, Advocate and Public Notary from Udupi on 10th May 2019 to the Nurses and Midwives of Kasturba Hospital, Manipal. She highlighted on ‘Women’s Right’ and shared her experiences and views related to various acts that benefits women especially at their workplace. A total of 25 nurses and midwives benefitted from this programme.



INTERNATIONAL NURSES DAY



Manipal College of Nursing Manipal, MAHE organised 'International Nurses' Day-on 11th May 2019 at the Dr. TMA Pai Auditorium, 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, Deputy Commissioner, Udupi District 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 health care sector. Noble virtues of nurses' makes their voices reach everywhere. Dr. Poornima Baliga B, Pro-Vice Chancellor, Faculty of Health Science, MAHE, Manipal, in her presidential address congratulated MCON for conducting various programs in a very systematic way. Dr. Anice George, Dean, MCON in her address emphasized that the nursing profession is a noble profession and nurses' role is essential in transforming health care and health systems so that no person is left behind. Three eminent nurses - Mrs. Gulabi Kudva, former Tutor, MSON, Mrs. Vijayalakshmi, 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. As a part of this celebration, various activities such as blood donation camp, awareness program for mothers of under-five children, workshop on Interprofessional Practice and Education, debate competition, radio talk and a Seminar on the ICN theme for 2019 Nurses' Day were conducted.



SEMINAR ON PROFESSIONAL ADVANCEMENT IN NURSING



A one day seminar on Professional Advancement in Nursing was organized for the fourth year BSc Nursing students on Friday, 17th May 2019. The program started with a session on Career Guidance by Dr Jyothi Chakrabarty, Professor, MCON, Manipal. She focussed on career opportunities available both at National and International levels. Mr Anil Raj, Lecturer, MCON, Manipal briefed on professional ethics and ethical principles that need to be followed throughout the professional life. Mr Mithun Ullal, Assistant Professor, Department of Commerce, MAHE, Manipal elaborated on how to face interviews. This was followed by curriculum vitae building session. Dr Vikram Baliga, Dr Priyanka Pandey, CCTCI (Center for Consulting, Training and Corporate Interface), and Mr Kishore, Department of Commerce, MAHE, Manipal were the Resource Persons .They elaborated in detail on writing a CV. The afternoon session started with corporate etiquettes by Mr Ravindra Shenoy, Assistant Professor, Senior Scale, Department of Commerce, MAHE, Manipal. He emphasized on importance of communication skills, values and grooming. Mrs Anjalin D'Souza, Assistant Professor, MCON, Manipal oriented students on features of alumni portal and explained the process of alumni registration. Dr Judith A Noronha, Associate Dean, MCON, Manipal in her address appreciated the students' active participation and emphasized on being a role model in the professional life.



Research

WORKSHOP ON RESEARCH METHODOLOGY AND STATISTICS



Manipal College of Nursing Manipal, MAHE conducted a three days' workshop on 'Research Methodology and Statistics' from 28th to 30th March, 2019 at CCEID, 5th 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 programme 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. A total of 38 participants had registered, ten speakers, from across different disciplines, viz: Nursing, Medical, Allied Health and Statistics deliberated on various topics.

Research publications (January - June 2019)

- Nayak, S., Binil, V., & Christabel, S. (2019). Depressive Symptoms and Bio-psychosocial Problems among Postmenopausal Women of Udupi District, Karnataka, India. *Journal of Clinical & Diagnostic Research*, 13(1).
- Chandrababu, R., Rathinasamy, E. L., Suresh, C., & Ramesh, J. (2019). Effectiveness of reflexology on anxiety of patients undergoing cardiovascular interventional procedures: A systematic review and meta-analysis of randomized controlled trials. *Journal of advanced nursing*, 75(1), 43-53.
- Nayak, B. S., Lewis, L. E., Margaret, B., Bhat Y, R., D'almeida, J., & Phagdol, T. (2019). Randomized controlled trial on effectiveness of mH ealth (mobile/smartphone) based Preterm Home Care Program on developmental outcomes of preterms: Study protocol. *Journal of advanced nursing*, 75(2), 452-460.
- D'souza, J. P., Rodrigues, G. S., Sequira, L., & Varghese, A. (2019). Insulinoma: A Diagnostic Challenge!. *Journal of Clinical & Diagnostic Research*, 13(1).
- Binil V.Sudhaker, C., Hegde, S., & Ancheril, A. (2019). Challenge in Management of Aggressive Clients in Psychiatric Setting: Development of Four-Point Physical Restraints. *Indian Journal of Forensic Medicine & Toxicology*, 13(1).
- Beerappa, H., & Chandrababu, R. (2019). Adherence to dietary and fluid restrictions among patients undergoing hemodialysis: An observational study. *Clinical Epidemiology and Global Health*, 7(1), 127-130.
- Jomon CU., Barboza, L. A., & George, L. S. (2019). Knowledge and Attitude Regarding Menstrual Blood Banking. *Indian Journal of Public Health Research & Development*, 10(2).
- Binil, V., Sudhaker, C., Hegde, S., Unnikrishnan, B., & Ancheril, A. (2019). Aggression in Psychiatric Unit: What is the Feeling of Psychiatric Nurses?. *Indian Journal of Public Health Research & Development*, 10(4).
- Pai, M. S., Binu Margaret, E., Yashoda, S., & Shetty, S. (2019). Breast Feeding Practices-An Exploratory Survey among Mothers of Infants. *Indian Journal of Public Health Research & Development*, 10(3).
- Sheilini, M., Hande, H. M., Prabhu, M. M., Pai, M. S., & George, A. (2019). Impact of multimodal interventions on medication nonadherence among elderly hypertensives: a randomized controlled study. *Patient preference and adherence*, 13, 549.
- Sheilini, M., Hande, H. M., & George, A. (2019). Family Support and Medication Nonadherence among Elderly on Antihypertensives. *Indian Journal of Public Health*, 10(4), 295.
- Mathias, E. G., Shivananda, P. M., & Shalini, G. (2019). Knowledge, Symptom Management and Health Seeking Behaviour on Childhood Illness among Mothers of Under-Five Children. *International Journal of Caring Sciences*, 12(1).
- Pai, R. R., Ongole, R., & Banerjee, S. (2019). Oral care in cancer nursing: Practice and barriers. *Indian Journal of Dental Research*, 30(2), 226.
- Nayak, S. G., Pai, M. S., & George, L. S. (2019). Quality of life of patients with head and neck cancer: A mixed method study. *Journal of Cancer Research and Therapeutics*, 15(3), 638.

International

Interactive session of Nurse Practitioner students from Massachusetts, Boston



Students of Nurse Practitioner in Critical Care Post Graduate Residency Program of MCON and Acute Care Nurse Practitioner students from Massachusetts General Hospital, Boston, USA had a very fruitful interactive session on 7th January 2019. Students from MCON presented various critical care case scenarios with special attention to patients' history and physical examination. Students from Boston compared and discussed the methods of taking patients' history and focused on physical examination in their setting. The fruitful discussions led to interchange of knowledge, information and ideas for students of both the countries.

Interactive Session on Paediatric Nurse Practitioner: Scope and Practice



Department of Child Health Nursing organized an interactive session on "Paediatric Nurse Practitioner: Scope and Practice" on 10th January, 2019 at MCON, Manipal. Dr. Elissa Ladd, Associate Professor, MGH Institute of Health Professions and the Adjunct Faculty of MCON and two students of Paediatric Nurse Practitioner course at MGH Institute of Health Professions, Boston, USA - Ms. Valerie Kiers and Ms. Caitlyn Shea gave a brief orientation on the roles and responsibilities of Paediatric Nurse Practitioners in USA. Dr Elissa Ladd presented the scope of practice of paediatric nurse practitioner

DEMONSTRATION OF COMPREHENSIVE ASSESSMENT



A demonstrative session on patients' history taking and comprehensive physical examination was organized by MCON for the students from Boston and Manipal on 16th January 2019. Dr. Elissa Ladd, Associate Professor, MGH Institute of Health Professions and the Adjunct Faculty of MCON demonstrated the comprehensive physical assessment at the primary care setting.

GLOBAL HEALTH IMMERSION PROGRAM



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

The following activities were performed during their visit:

- A demonstration session on patient history collection and comprehensive physical examination for Nurse practitioner students on 17th January 2019.
- Innovative teaching pedagogy for MPhil Nursing students on 18th January 2019.
- CNE on Health Policy Research on 24th January 2019 for the faculty of MCON and MAHE.

CNE PROGRAMME ON HEALTH POLICY RESEARCH



The Department of Community Health Nursing conducted Continuing Nursing Education programme on Health Policy Research on 24th January 2019. Dr. Elissa Ladd, Global Health Coordinator gave an in-depth understanding of structure, process and outcome model in terms of Health Policy Research and Dr. Patricia Lussier-Duynstee, Assistant Dean, MGH Institute of Health Professions, Boston, explained on policy change with appropriate examples.

INTERACTIVE LECTURE ON “QUENCH YOUR THIRST”



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 were involved in series of lectures during 4th and 5th March 2019. PhD Scholar of MCON, and Biochemistry attended a special talk on plagiarism, and how to reduce waste in research. Faculty of MCON, attended the session on scientific paper writing. She emphasized on the art of writing, the language used and the authenticity of the research papers as per the expectation of the journal. The M.Sc. Nursing students had an interactive session on Focus Group Discussion (FGD).

MEMORANDUM OF UNDERSTANDING SIGNED BETWEEN MAHE & MALMO UNIVERSITY, SWEDEN



Manipal Academy of Higher Education (MAHE) signed a Memorandum of Understanding (MoU) on 29th 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.

Employer Reputation Alumni Point

Guest Lecture



Ms. Vilma Saldanha, Clinical Quality Officer, Dubai Health Authority and Alumnus of MCON Manipal delivered a guest lecture on “Change management and health care overseas” which was organized by the department of Child Health Nursing on 5th January, 2019 at MCON, Manipal. She had an interaction discussion with the final year B.Sc Nursing students on change management and project management.

ALUMNI NEWS

SHARELL LEWIS, (MSC, Mental Health Nursing- 2005 – 2007 Batch)



A prestigious and enriching institution, these are the Alumni thoughts that come to my mind when I think about my Alma Mater. From being a Diploma student of MSON, to completing my Post Basic BSc Nursing and Masters in MCON, my professional journey has been an inspirational one. From proficient faculty to comprehensive clinical experience, MCON provides it all. Visiting MCON this year, gave me glimpse of how much more the institution has evolved. With immense gratitude I would say that, my Alma Mater has laid a very strong foundation to my professional life. I strongly recommend future students to study in MCON.

ALUMNI NEWS



Dr Mamatha S Pai during her visit to USA met alumni of MCON, Mrs Jolly Varghese, 1990 – First batch BSc (N), Mrs Reena Cherian 1991- Second batch BSc (N) and Mrs Lija 1992- Third batch BSc (N)

SNA activities

ACTIVITIES OF SNA EDUCATION COMMITTEE



SNA education committee organized a Seminar on Personal and professional Development on 15th December 2018. The program officially started with the inaugural ceremony, lighting the lamp by the Chief Guest of the day Lt. Col. Lovely Antony, Associate Professor, PVS College of Nursing, Kozhikode. After the inaugural ceremony the first session of the seminar was conducted by Dr. G Robert Clive on soft skills. Dr. Anice George spoke about leadership in Nursing and a session on Time Management was given by Mrs. Shalini G Nayak. About 90 students from different batches of the college participated. During the year, the SNA education conducted many co-curricular and extra curricular activities inclusive of painting competition, collage, extempore speech.

UTSAV STUDENT ACHIVEMENT



UTSAV FACULTY ACHIVEMENT



Utsav 2019 was on 1st to 6th April 2019, at KMC Greens. MCON, MAHE, hosted instrumental solo, clay modeling and fashion show. The MCON team participated in most of the competitions and won 2nd position in cultural parade and clay modeling. Overall, MCON secured 10th position in Utsav 2019. Faculty bagged the 3rd position in staff variety programme

SPORTS



Intercollegiate female throw ball match was held on 10th March, 2019. MCON team bagged the runner up.

UPCOMING EVENTS (JULY TO DECEMBER 2019)

- Breast feeding Week August 2019
- Independence Day – 15th August 2019
- Teachers Day – 5th September 2019
- Suicide Prevention Day – 10th September 2019
- Alzheimer's Day – 21st September 2019
- World Heart Day - 29th September 2019
- World Mental Health Day – 10th October 2019
- World Obesity Day – 11th October 2019
- Children's Day – 14th November 2019
- New-born Week – 2nd week of November 2019
- World Diabetes Day – 14th November 2019
- World AIDS Day – 1st December 2019
- Imprints – 6th December 2019