

# CARITAS CHRONICLE

Newsletter

Caritas College of Nursing

VOLUME 2

JULY 2022 – JUNE 2023



## Empowering Our Community: Strengthening Bonds Through Outreach Services



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Special Thanks to

Fr. Jismon Madathil

Joint Director, Media & Relations

&

Caritas Healthcare Promotions Team

# Kenotic Love from Caritas Nursing Community

We are proud to present the second edition of Caritas Chronicle with the theme: Empowering our Community - Strengthening bond through outreach services.

Community outreach is a way of life to strengthen the bond between healthcare professionals and the patients' families, to ensure an effective cure and care approach that's an integral part of community healthcare. The nurse's community of Caritas Hospital and Institute of Health Science has always been the torchbearers of our motto - kenotic love saves a life.

I wish all success to our colleagues who are embarking on a journey with renewed commitment to strengthen the outreach programs in service of a larger community in need.

Yes, kenotic love saves lives and also nurtures social inclusion through collaboration.

Yours Truly,

Rev. Dr. Binu Kunnath, Director - Caritas Hospital & Institute of Health Sciences



**Rev. Dr. Binu Kunnath,**  
Director - Caritas Hospital &  
Institute of Health Sciences

## Warm Greetings from Caritas College of Nursing Welcome to the second edition of our newsletter 'Caritas Chronicle'.

This edition of our newsletter draws our focus on 'Empowering our community: Strengthening Bonds Through Outreach Services'. Outreach services can make our presence felt among the needy society. Meaningful Student Involvement can substantiate community connections throughout the education system. Any learning that happens through community engagement, including outreach services, home visits, community education and other community based approaches, can be enriched by the people who genuinely use the community on a regular basis – including adults and students. Caritas College of Nursing has extended its arms through our outreach centre located at Nalpathimala, named 'Karuthal', where the faculty and students make responsible efforts in extending their activities in empowering the people by working among them.

This newsletter will highlight our dreams for future and the best of what we have been doing for the past few months to its readers.

Presenting to you with much enthusiasm, the second edition of Caritas Chronicle....



**Prof. Ms. Twinkle Mathew**  
Principal  
Caritas College of Nursing

## NEW VENTURES

Inauguration of Career Guidance and Placement Cell by Dr.S Anil Kumar, Controller of examinations, Kerala University of Health Sciences, Thrissur on 19/09/22



A career guidance class was organized by career guidance and placement cell of Caritas College of Nursing at HR department of Caritas Hospital on 12/06/2023 for the outgoing students

### How to create a perfect resume? Essential tips for a successful job interview



A seminar was organized on 20/05/2023 for staff and students of Caritas College of Nursing. Ms.Shiji Thomas, Recruitment Co-ordinator, YESTE Global Pty.Ltd, Melbourne, Australia was the resource person for the programme.



**Mrs. Nisha George**  
Career Guidance & Placement cell  
Coordinator

Inauguration of Institutional innovational cell by  
Miss Liz Jaimon Jacob, Miss Kerala 2023 on 08/03/23



An “**Young innovators programme**” organized by Institutional innovational cell on 15/06/23 which aims to empower students with skills to tackle health care challenges through fresh and creative approach. Volunteers from K-DISC assisted the students in the registration process.



**Mrs. Joslin John**  
Institutional innovational cell  
Coordinator

## NEW VENTURES

Inauguration of Community Health center in the adopted area, Nalpathimala, Athirampuzha Panchayath by Fr. Stephen Theverparambil, Joint Director, Caritas Hospital & Institute of Health Sciences on 16/05/23



Automated library

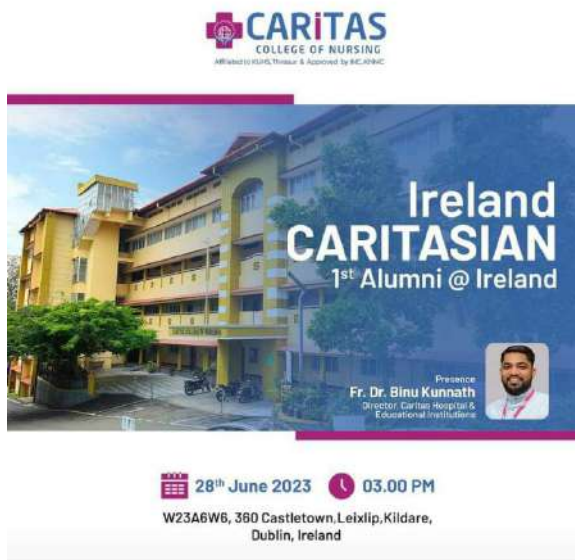


Biometric punching for staff



Edu Soft Academic software is being implemented at Caritas College of Nursing from the current academic year

## Overseas Chapter of Alumni Association



Inauguration of the overseas chapter of Alumni, Ireland by Rev.Dr. Binu Kunnath, Director, Caritas Hospital & Institute of Health Sciences on 28/06/23



Inauguration of the overseas chapter of Alumni, UK by Rev.Dr.Binu Kunnath, Director, Caritas Hospital & Institute of Health Sciences on 19/06/23



# INTERNAL QUALITY ASSURANCE CELL



Hands on skill training workshop on use of Information Communication Technology - “Teachnova” for faculty from 21/10/22 to 04/11/22



Care plan presentation - a skill enhancement session by Mr. Albet P Iycen, I Semester BSc Nursing student on 15/11/22



QAS Resensitization programme on 24/04/23 for faculty and students

## CARITAS: THE HUB OF QUALITY

“There is a reason good fabrics have a cost, they are done with good quality to last”.



**Anjana Abraham**  
IV Year BSc Nursing  
Student Editor

Caritas college of Nursing is committed to provide quality nursing education of high standards. Equal importance is designated to both academics as well as co- curricular activities. From the very beginning till now, Caritas College of Nursing has undertaken various activities for the upliftment of the institution as well as the beneficiaries. The college has left an indelible mark on the lives of countless students who have walked through its gates. Now, it is one more step moving forward to scale new heights. Quality is never an accident, a quote by John Ruskin. It is always the result of intelligent effort. Each and everyone contribute and pursuit excellence in every aspect towards its success. Ultimately, the students are being aimed to reap its benefits. They are getting a lot of opportunities to improve their knowledge, skill and competence. Under several key areas, a lot of activities have been undertaken to ensure quality in every aspects of education beginning from infrastructure. A great importance is given for improving knowledge of students by incorporating various innovative methods of teaching. They are also involved in various outreach programs so that a constant contact with common people is maintained and working with them gives students an exemplary experience. Students are given opportunities to express themselves, their ideas and visions which make the institution stand out. A lot of activities involving students have been undertaken by the authorities to empower them and come out as strong and fruitful nurses. Thus, Quality is the result of high intention, sincere effort, intelligent direction and skillful exertion which integrally made Caritas College of Nursing to be “superlative”.

## INTERNAL QUALITY ASSURANCE CELL



State level workshop on “Health Informatics and Technology” organized by Academic monitoring cell and Internal Quality Assurance Cell on 18/11/22



Sensitization programme on “Quality related tools” for faculty and students on 23/06/23. Dr. Deepthi Madhu, Chief Quality and HIC Officer, Caritas Hospital and Institute of Health Sciences was the resource person.



Disaster Management Training for Staff and Students on 04/05/23. Mr. Rameshan Nair, Safety Officer, Caritas Hospital was the resource person

A training session on infection control practices was organized by Caritas Hospital Infection control team for the students on 02/07/22



**Prof. Ms. Rincy T Issac**

Research Cell Co-ordinator

## INCULCATING RESEARCH CULTURE IN AN INSTITUTION

Creating a research-enabling environment involves fostering conditions and providing resources that support and encourage research activities. In an academic institution like, there are some key steps which help us to create a research-friendly environment.

- 1 Ensure that we have well-equipped laboratories, clinical facilities, research centres, libraries, and other facilities necessary for conducting research.
- 2 Provide access to technologies relevant to the fields of study.
- 3 Establish funding mechanisms to support research projects and initiatives. This can include grants, scholarships, fellowships, and awards for researchers at different career stages.
- 4 Develop clear and transparent policies and guidelines for research activities. These should cover ethical considerations, data management, intellectual property, collaboration, and any other relevant aspects.
- 5 Encourage interdisciplinary collaboration among researchers. Create opportunities for researchers from different departments, institutions, and backgrounds to collaborate on research projects.
- 6 Invest in the professional development of researchers and research staff. Provide training on research methodologies, data analysis, grant writing, and other essential skills.
- 7 Support open access to research publications and data whenever possible. Encourage researchers to share their findings with the wider community.
- 8 Acknowledge and reward research excellence. This can be done through promotions, tenure decisions, awards, and other forms of recognition.
- 9 Establish a robust system to ensure research integrity and ethical conduct.
- 10 Organize conferences, seminars, and symposiums to facilitate the sharing of research findings and encourage discussions.
- 11 Provide researchers with flexibility in their work schedules and access to resources. This can enhance productivity and creativity.
- 12 Support researchers in exploring new ideas and approaches.

By implementing these measures, organizations can foster an environment that nurtures curiosity, exploration, and discovery, leading to a thriving research community.

## WORKSHOPS



Hands on training for writing manuscript for faculty by Mr. Manoj Kumar, Research Associate, Caritas Hospital & Institute of Health Sciences on 18/05/2023



Workshop on "Research Methodology" for 3<sup>rd</sup> year BSc and 2<sup>nd</sup> year PBBSc Nursing students conducted on 26/06/23 organized by Research Cell and Sarang

## PAPER PUBLICATIONS

A Descriptive Study to Assess the Knowledge & practice of staff nurses on prevention of pressure ulcers in a selected hospital, Kottayam authored by Smitha Paul, Asha Liz Mani, Vimal Tom, Chinchu Raju, Sheba Elsan Mathew, Geethumol CS, Christy Accamma Chacko has been published in Research Journal of Science and Technology (RJST) (print ISSN 0975-4393), January-March 2023, Vol. 15, Issue 1, pages 20-22.

A Descriptive Study to Assess the Perception of nursing students towards their academic and clinical learning environment authored by Joselin John, Shiji Thomas, Minnu E Michael, Nomimol Lucy Thomas, Praveena Paul has been published in Research Journal of Science and Technology (RJST) (print ISSN 0975-4393), April-June 2023, Vol. 15, Issue 2, pages 81-87.

A Descriptive Study to Assess the Caregiver burden & their satisfaction with palliative care among care givers of terminally ill cancer patients in a selected hospital, Kottayam authored by Asha Liz Mani, Anu Thomas has been published in Kerala Nursing Forum (KNF), July -September 2022, Vol. 17, Issue 3, pages 29- 36.

A Descriptive Study to Assess the Medication Adherence and related factors among patients with CAD in a selected hospital, Kottayam authored by Sr Amal SVM, Julia Jose has been published in International Journal Of Innovative Science And Research Technology (IJISRT) (print: ISSN-2456-2165) September-2022, Volume 7, Issue 9, pages 1451—1454

## SCIENTIFIC PAPER PRESENTATIONS

Name of faculty	Date	Title of the Topic	Venue
Nomimol Lucy	16.06.2023	Perception of Nursing students towards their academic and clinical learning environment	6 <sup>th</sup> International Virtual Conference on Nursing Science and Health Care, Indonesia
Smitha Paul	16.06.2023	Knowledge and practice of Staff Nurses on Prevention of Pressure Ulcers	
Liji R Kurian	17.06.2023	Female nurses perception regarding males in nursing profession	
Sunitha K	17.06.2023	Effect of planned pre operative nursing instructional package on short term post operative outcome and selected post operative behaviours among patient undergoing hysterectomy	



**Ms. Praveena Prakash M**  
Associate Professor  
HOD, Department of Community Health Nursing

## EMPOWERING COMMUNITIES: THE OUTREACH PROGRAMMES BY CARITAS COLLEGE OF NURSING

In the pursuit of holistic healthcare and community development, Caritas College of Nursing has emerged as a shining beacon with its groundbreaking outreach program, KARUTHAL. This transformative initiative, based at the Community Health Centre in Nalpathimala, was established on May 16, 2023, and has since become a testament to the power of compassion and dedicated efforts towards uplifting the underprivileged.

### THE GENESIS OF KARUTHAL:

KARUTHAL, meaning 'compassion,' embodies the core values of Caritas College of Nursing. With a focus on primary healthcare, the program is jointly managed by a dynamic health team from the Caritas College of Nursing and Caritas Hospital & Institute of Health Sciences. The primary objective is to provide comprehensive healthcare services and development programs to the marginalized population nearly 4,000 living in four wards of Athirampuzha Panchayath.

### HOME VISITS: THE PILLAR OF OUTREACH:

At the heart of KARUTHAL lies the philosophy of reaching out to the community in their own space and nurturing relationships based on trust and understanding. Home visits are the cornerstone of this outreach program, where healthcare professionals and volunteers visit the homes of beneficiaries to assess their health needs, provide medical care, and offer support and guidance.

### COLLABORATION FOR ENHANCED IMPACT:

The success of KARUTHAL can be attributed to the collaborative efforts of Caritas College of Nursing with local healthcare institutions. Working hand-in-hand with the Sub Centre and Primary Health Centre in Athirampuzha, the program ensures that it complements the existing healthcare services, rather than duplicating efforts. This synergy facilitates a more profound impact on the community's well-being.

### DIVERSE COMMUNITY EXTENSION ACTIVITIES:

Under the umbrella of KARUTHAL, several community extension activities are carried out to cater to specific groups within the community:

**Snehatheeram:** This initiative provides specialized services for the elderly population. The program focuses on geriatric care, addressing age-related health concerns, and providing emotional support to seniors who might otherwise feel neglected.

**Yuvadeepthi:** Dedicated to the service of adolescents, Yuvadeepthi seeks to address the unique physical, emotional, and mental health needs of this age group. Through awareness campaigns and counseling, the program empowers young individuals to make informed decisions about their well-being.

**Jeevodaya:** Organized under this banner, medical camps are conducted to extend medical care to remote and underserved areas. These camps not only provide essential healthcare services but also create awareness about health-related issues and the importance of preventive measures.

### MEASURING IMPACT AND CREATING EMPOWERMENT:

The success of KARUTHAL is not just about providing medical treatment but also empowering the community to take charge of their health and well-being. The program focuses on health education, encouraging preventive measures, and promoting healthy lifestyles. As a result, the community becomes more self-reliant and capable of making informed decisions regarding their health.

The outreach programmes by Caritas College of Nursing through the KARUTHAL stands as a powerful example of how compassionate and dedicated efforts can bring positive change to underserved communities. By providing comprehensive healthcare services, fostering collaboration, and empowering the community, the college has become a symbol of hope and progress. As the program continues to grow and evolve, it is poised to touch even more lives, leaving a lasting impact on the health and well-being of the people it serves.

## MEDICAL CAMPS



Medical camp at Nalpathimala Church, Athirampuzha Panchayath on 20/11/22



Medical camp in collaboration with NSS and KSSS(Chaithanya) on 08/06/23

## SCHOOL HEALTH PROGRAMMES

“Healthy Children will Learn better”



School health programme at St. Aloysius L.P School, Athirampuzha on 29/09/2022



School health programme at Holy Cross HSS, Thellakom on 08/11/22

## ADOLESCENT HEALTH PROGRAMMES

“ViVa”



Adolescent health programme in association with Subcenter, Nalpathimala, Athirampuzha on 24/03/23



Adolescent health programme in association with Family Welfare Center, Ettumanoor on 19/05/23

# OUTREACH PROGRAMMES

## HEALTH DAYS CELEBRATED

### ORS week



Department Of Child Health Nursing and NSS Unit, Caritas College of Nursing, Department of Paediatrics, Caritas Hospital in association with IAP Kottayam celebrated ORS week on 26/07/22 at Caritas Hospital.

### World Heart Day



Students of Second Semester BSc Nursing participated in the Mini Marathon organized by Caritas Hospital on 29/09/2022

### World Mental Health Day



Role play and exhibition by Mental Health Nursing Department on 10/10/2022 at Caritas Hospital

### World Arthritis Day



Role play by Department of Medical Surgical Nursing & Second year BSc Nursing students on 12/10/2022 at Thellakam Junction

# OUTREACH PROGRAMMES

## HEALTH DAYS CELEBRATED

### Breast Feeding Week



Breast Feeding Week celebrations was organized by NSS unit in collaboration with department of Child Health Nursing and OBG Nursing, IAP Kottayam and Caritas Hospital from 1/08/2022 to 7/8/2022

### International Day for Older Persons



International Day for Older Persons celebrated at Turf cort, Nalpathimala on 28/10/22. Various programmes including geriatric assessment were conducted

### World Food Day



Food exhibition in front of Department of Nutrition and Dietetics by Second Semester BSc Nursing students on 17/10/2022

### World Earth Day



Our students participated in the face art competition at Caritas Hospital on 20/04/23

## CAPACITY BUILDING PROGRAMME



Capacity building program for ASHA Workers on “Breast cancer prevention” organized by Community Health Nursing Department at Community Health Centre, Koodalloor on 16/7/22

# OUTREACH PROGRAMMES

## HEALTH AWARENESS PROGRAMMES

### Karuthal



An antenatal health awareness programme was conducted by the Department of OBG and 4th year BSc Nursing Students on 14/10/2022 at Caritas hospital

### Protect environment



Health awareness programme on “environmental sanitation” organized by community health nursing department and IInd Year PBBSc Nursing students at ward 11 anaganwadi, Athirampuzha panchayath on 20/10/22

### Snehamrutham



A nutritional programme was organized by Community Health Nursing Department and II<sup>nd</sup> Year PBBSc Nursing students at ward 10 Anganwadi, Athirampuzha panchayath on 04/11/22. Tasty and variety dishes were prepared using Amrutham powder and distributed to the children and their mothers.

### For Specially abled



A health awareness program for the specially abled children was organized by Child Health Nursing Department at Sanjose School, Ettumanoor on 07/12/22

### Fit Gravida



Health awareness programme on “Antenatal Exercises” was conducted by the Department of OBG and 1<sup>st</sup> year PBBSc Nursing Students on 09/11/2022 at Caritas hospital

### Fit Mom



Health awareness programme on “Postnatal Exercises” was conducted by the Department of OBG and 1<sup>st</sup> year PBBSc Nursing Students on 09/11/2022 at Caritas hospital

# NATIONAL SERVICE SCHEME

## Independence day



Prof Mrs. Twinkle Mathew, Principal hoisted the National Flag on Independence Day followed by Patriotic song competition on 12/08/2022

## Oru pusthakam tharumo



"Oru pusthakam tharumo: A book donation programme 07/10/2022 for rebuilding the flood affected Janatha Library, Kootickal and for establishing libraries at Dialysis and Oncology department of Caritas Hospital. Students actively participated in the programme and had collected more than 100 books for the library

## Charitable institution visit



"A day with the needy" programme, a visit to House of divine Providence, Kunnamthanam is arranged on 1/10/2022 for raising awareness of NSS volunteers regarding the needs of mentally challenged groups. NSS Volunteers collected clothes from students and their parents, collected funds for the disabled and handed over to the authorities during the visit.

## Swatch sagar, surakshit sagar



"Swatch Sagar, Surakshit Sagar", a National programme was carried out at Alappuzha Beach by cleaning the beach from plastic bottles, plastic bags, plastic straw etc on 01/10/2022. Students of our NSS unit actively participated in the programme.

## Helping a dialysis patient fund collection programme



Fund collection programme for helping a dialysis patient "Live your Life, but We are One" a stall for charity money collection is conducted on 15/10/22

## Children's day



Childrens day programme was organized by NSS Unit in association with Child health Nursing department, Caritas College of Nursing, at Theresian Play School, Thellakom on 14/11/2022 for raising awareness about rights, education and welfare of Children

# NATIONAL SERVICE SCHEME

NSS Annual camp: NSS Annual camp "We, the Enlightened" organized from 31/01/2023 to 5/02/2023

## Navajeevan visit



A home for destitute, Navajeevan Trust, Arpookkara, Kottayam was visited by 50 NSS Volunteers on 31/01/2023.

## Job fair: "Disha"



A Job recruitment programme was organized by NSS Unit in collaboration with Caritas Hospital on 01/02/2023 in ward 10, 11, 12, 13 and 14 of Athirpuzha Panchayat. Out of 102 people participated, 35 of them were employed by Caritas Hospital & Institute of Health Sciences

## Vegetable garden



A vegetable garden was created in the campus by NSS Volunteers. The students are enthusiastically involved in the cultivation, maintenance & harvesting of the products.

## Debate on drug abuse and its impact



A debate was organized by NSS volunteers on 03/02/2023 for discussing about drugs and its use among adolescents as it is more prevalent among school going and adolescent children

## Tribal village visit



Tribal King Sri Rama Rajamannan Kovilmala



With the Tribal King

Tribal village visit was organized by NSS on 04/02/2023 for knowing the life of tribal people. Tribal King Sri Rama Rajamannan explained the history and life of Mannan tribes during the visit. Blood sugar and BP monitoring was done by the NSS volunteers to the tribal population.

# NATIONAL SERVICE SCHEME

## National unity day



Programme for celebrating National Unity day and a Campaign against use of drugs was organized by NSS Unit in Collaboration with Mental Health Nursing department on 21/11/2022. The programme was inaugurated by Rev.Dr.Binu Kunnath, Director, Caritas Hospital & Institute of Health Sciences. The Unity pledge was taken and a rally was organized for raising awareness among public regarding the use of drugs

## No Tobacco day programme



World No Tobacco day programme was organized by NSS Unit on 31/05/2023 for raising awareness regarding tobacco use. The target group was shopkeepers who are selling tobacco related products and also to the common people like auto rickshaw drivers. The programme was inaugurated by Ms. Twinkle Mathew, Principal, Caritas College of Nursing. Students went to Thellakom Junction and educated the public regarding the harmful effects of tobacco, distributed leaflets and placed no tobacco display boards in the shops

## International day against drug abuse



International day against drug abuse was celebrated on 26/06/23 by taking an oath against drug abuse

## World Blood donor day



World Blood donor day celebrations was organized by NSS unit in collaboration with Blood Bank Unit, Caritas Hospital on 14/07/2023. NSS Volunteers raised awareness regarding the importance of blood donation among nursing students of different batch students of Caritas college of nursing. 13 students from different batches of BSc nursing voluntarily participated and donated blood during the Blood donation camp

# STUDENT SUPPORT AND GUIDANCE PROGRAMME



Orientation programme "Smile Makers" organized for Ist Semester BSc Nursing students on 02/12/22. Dr.Ajith James Jose, Assistant Professor, Post Graduate and Research Department of Chemistry, St. Berchmans (Autonomous) College, Changanassery was the resource person



"Impulse" Motivating the youth. A session by Prof.Sr.Lisy John, Vice Principal on 27/06/23 for the students

## Seminar



A seminar on "Posco act" at Chaithanya, Thellakom for students on 06/07/22 and 01/08/22

## Photo cave



A photo cave competition was conducted at Caritas Hospital on 06/03/2023 for the students and staff as a part of international women's day celebration.

## Self defence training



Self defence training on 06/03/2023 for the students and staff of Caritas College of Nursing

## Talent show



As a part of international women's day celebration a talent show was organized in Diamond Jubilee Memorial Conference Hall, Caritas Hospital on 07/03/2023

## Women's day celebration



**Women's day celebration :** Women's day was celebrated on 08/03/2023 . The chief Guest of the ceremony was Ms.Liz Jaimon Jacob, Miss Kerala 2023.

## Women entrepreneurs stall



A women entrepreneurs stall was organized at Caritas Hospital on 08/03/2023 for the students and staff of Caritas Hospital and Institute of Health Sciences to exhibit their talents & skills

## Arts & Sports



## Sarang Arts Fest “Thillana” on 05/12/2022



## Sarang Sports Fest "Kuthippu" on 15/10/2022



## SNA zonal sports competitions on 06/01/2023

## Winners of SNA zonal arts competition 2022



## OUR SPORTS TRAINERS



**Mr. Manu P Nair**  
Physical Education Trainer  
SFS Public School and Junior  
College



**Mrs. Jidhiya Joy**  
Physical Education Trainer  
SFS Public School and Junior  
College

## HOSTING OF EVENTS



Inter college chess competition on 17/06/23



SNA East Zone General body meeting on 08/06/23

## CLUBS



Nature club



Arts club



Sports club



Quiz club



Feast celebration of  
Rev.Dr. Binu Kunnath,  
Director, Caritas Hospital & Institute of Health Sciences on 22/12/22



Caritas talent fest: 27/08/22



Onam celebration: 02/09/22



Teachers day celebrations : 02/09/22



Students participating in  
Chaithanya Karshikamela:  
22/11/2022



Christmas celebration  
"Buon nathale": 17/12/22



Christmas celebration "Jingle fest":  
17/12/2022

# CELEBRATIONS



Lamp Lighting ceremony of 21st Batch BSc Nursing: 10/02/23



College Day: 08/03/23



Junior Carithasians programme: 31/05/23



Freshers Day: 18/01/23



Birthday Celebrations

## Students Tour:



I semester BSc Nursing students to wonderla on 31/08/22,



Outgoing BSc Nursing students to Goa on 20/02/23

# FAREWELL



**Ms. MINNU ELIZABETH MICHAEL**  
ASSISTANT PROFESSOR  
DEPT.OF CHILD HEALTH NURSING



**Ms. JOSLIN JOHN**  
ASSISTANT PROFESSOR  
DEPT.OF CHILD HEALTH NURSING



**Ms. VIMAL TOM**  
LECTURER  
DEPT.OF MEDICAL SURGICAL  
NURSING



**SR. LISSIN JOSE**  
CLINICAL INSTRUCTOR



Farewell of Outgoing students on 27/04/23

## GRADUATES



**BSc NURSING**



**PBBSc NURSING**



**MSc NURSING**

## NEWLY JOINED STAFF



**Ms. GESA GEORGE**  
ASSOCIATE PROFESSOR  
DEPT.OF CHILD HEALTH  
NURSING



**Ms. SUNITHA K**  
LECTURER  
DEPT.OF OBSTETRICS AND  
GYNECOLOGICAL NURSING



**Ms. JIBIN RAJU P**  
LECTURER  
DEPT.OF MENTAL  
HEALTH NURSING



**Ms. JENCY JOSE**  
LECTURER  
DEPT.OF MEDICAL  
SURGICAL NURSING



**Sr.PAVITHRA SJC**  
OFFICE SUPERINTENDENT  
CUM ACCOUNTANT



**Mr. BIBIN BABY**  
CLERK

# AWARDS & ACHIEVEMENTS



Winners of World heart day all Kerala short film competition conducted on 29/09/2022



**Ms. Merriya Binu John, Ms. Reema Rose Rajesh and Ms. Alexa Maria Sunny** outgoing BSc Nursing students had won the All India Outstanding Research Award for undergraduate nursing students and **Ms. Ligi Raicheal Kurian**, Assistant Professor secured the Best Research Supervisor award by Clinical Nursing Research Society (CNRS), North Zone



**Ms. Jasmine George (outgoing BSc) and Ms. Julit Juby (IV Year BSc)** won 2nd prize in the state level quiz competition conducted at St. Thomas College of Nursing, Chethipuzha on 01/07/22



**Ms. Jasmine George and Ms. Jebsy Jaimon** outgoing BSc Nursing Students secured 3rd prize in the state level quiz organized by Caritas Hospital as a part of World Heart Day on 23/09/22



**Ms. Diya Anna Depu**, Fourth year BSc Nursing student won second prize in the Mothers day photo contest



**Ms. Jincymol George**, Assistant Professor has won third prize in craft competition organized by Caritas Hospital as a part of environmental day celebrations on 03/06/23

## FACULTY AS RESOURCE PERSONS



Prof. Ms. Smitha Paul, Ms. Sheba Elsan Mathew, Lecturer and Ms. Haripriya R, Clinical Instructor were the resource persons in the training session on "First Aid" at ICICI Prudential, Kanjikuzhy, Kottayam on 13/09/22



Prof. Ms. Smitha Paul, Sr. Amal SVM, Assistant Professor, Ms. Sheba Elsan Mathew, Lecturer and Ms. Haripriya R, Clinical Instructor were the resource persons in the training session on "First Aid" at Sacred Heart Public School, Kottayam on 15/09/22



Prof. Ms. Smitha Paul was the resource person in the workshop organized by Caritas College of Nursing on the topic "Introduction to Nursing informatics" on 19/09/22



Ms. Jincymol George, Assistant Professor was the resource person on the topic "Nutritional food for school children" as a part of the Poshan Abhiyan Programme at St. Aloysius L P School, Athirampuzha on 29/09/22



Sr. Ligi Poonely, Assistant Professor and Ms. Ligi R Kurian, Assistant Professor, certified lactation counsellors in a capacity building programme "Mothers own milk" organized for staff nurses and ward incharges of Caritas Hospital on 14/10/22



# FACULTY AS RESOURCE PERSONS



Prof. Ms. Smitha Paul was the resource person in a seminar on “Myocardial Infarction” and Ms.Asha Liz Mani, Associate Professor was the resource person on the topic “Nursing Process” organized by Tanta University, Sri Gangangar on 23/01/23



Ms.Nomimol Lucy Thomas, Assistant Professor as resource person at Police club Kottayam on the topic “Stress Management” on 07/01/23



Ms.Nomimol Lucy Thomas, Assistant Professor was the resource person on the topic “Psychological first aid”at Police club Kottayam on 14/02/23



Ms.Jincymol George, Assistant Professor as resource person in training self help groups of Chaithanya on the topic “Prevention of monsoon diseases” on 08/06/23

## QR CODES



Short film released as a part of World Heart Day 2022



Health promotion video as a part of World No Tobacco Day



Reels on “How to Loose weight”



Reels on “Tips to make your diet healthier”



Reels on “Tips for glowing skin”



Reels on “How to stick with diet plan”



Reels on “Skin care tips”

## Highlights of Academic Year



Course inauguration on 28/11/22



Monthly General assembly



PTA General body meeting on 24/06/23



Continuing Education Programmes



Retreat



Yoga

## Highlights of Academic Year



**'Delicieux le nouritare':** Nutritional programme was conducted by 1st year PBBSc Nursing students in the Nutrition lab of Caritas College of Nursing on 11/11/2022



**Skill training session** for second semester students by Mr. Sanju. P.Chcrian, Certified trainer and Mentalist on 19/09/22



**AV aid presentation** on "Environmental Pollution" organized by IVth Year BSc Nursing students on 16/06/23



**Journal clubs**



**Endowment speech** by Fr. Bressan Ozhungalil, Assistant Director, Pastoral Care on the contribution of Late His Excellency Mar Kuriakose Kunnacherry in the field of health care in central Travancore on 15/06/23



## ACADEMIC TOPPERS



**Ms. Merly Mathew,**  
8<sup>th</sup> Batch MSc Nursing student has secured  
First Rank in MSc Nursing, Community Health Nursing,  
Kerala University of Health Sciences, Thrissur



**SR. SAYOOGYA THERESE**  
I YEAR MSc (N)



**SANDRA BABY**  
IV YEAR BSc (N)



**ANJANA ABRAHAM**  
III YEAR BSc (N)



**JISHAMOL JOSEPH**  
I YEAR BSc (N)



**ALBERT P IYCEN**  
II SEMESTER BSc (N)



**CLARISSA MARIA TOM**  
I SEMESTER BSc (N)



**ELIZABETH THOMAS**  
II YEAR PBBSc (N)



**ATHIRA S.P**  
I YEAR PBBSc (N)



Established as Caritas School of Nursing in **1965**  
with General Nursing & Midwifery course.

Upgraded to College of Nursing in **2002** Offering B.Sc. (N),  
P.B.B.Sc. (N) & M.Sc. (N) Courses.

**MSc Nursing (2 Years) – 12 Seats**

- Medical Surgical Nursing – 4 Seats
- Obstetric & Gynecologic Nursing – 4 Seats
- Community Health Nursing – 4 Seats

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**BSc Nursing (4 Years) – 70 Seats**

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**Post Basic BSc Nursing – 15 Seats**

Committed to Offer **Quality** Nursing Education Since Decades