VOLUME 2, ISSUE: 2 Newsletter

## **CARITAS CHRONICLE**

Caritas College of Nursing

JULY 2023 - DECEMBER 2023



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#### **INSIDE**

INTERNAL QUALITY ASSURANCE CELL - IQAC

**NEW VENTURES** 

**TEACHER'S DESK** 

RESEARCH CELL

**OUTREACH PROGRAMMES** 

**WELL FEST** 

NSS - NATIONAL SERVICE SCHEME

**HEALTH AWARENESS PROGRAMMES** 

STUDENT SUPPORT AND GUIDANCE PROGRAMME - SSGP

STUDENT COUNCIL- SARANG

**CELEBRATIONS** 

**WELFARE ACTIVITIES** 

**SPECIAL EVENTS** 

**REELS - QR CODES** 

**ACCADEMIC TOPPERS** 



REV. DR. BINU KUNNATH

DIRECTOR
Caritas Hospital & Institute
of Health Sciences



**EDITOR IN CHARGE** 

PROF. Ms. TWINKLE MATHEW
PRINCIPAL
Caritas College of Nursing





MS. ASHA LIZ MANI ASSOCIATE PROFESSOR Caritas College of Nursing



MS. SUNITHA K
LECTURER
Caritas College of Nursing



MS. ANU JOSEPH ASSISTANT PROFESSOR Caritas College of Nursing



MS. ANJANA ABRAHAM STUDENT-B.Sc. NURSING (4TH YEAR) Caritas College of Nursing



MS. LIJI RAICHEL KURIAN ASSISTANT PROFESSOR Caritas College of Nursing



MS. JISHAMOL JOSE STUDENT-B.Sc. NURSING (3<sup>rd</sup> YEAR) Caritas College of Nursing

#### **EDITORIAL**

REV. DR. BINU KUNNATH
DIRECTOR
Caritas Hospital & Institute of
Health Sciences



#### **Celebrating Academic Excellence**

#### Greetings!

All the best for the new edition of the newsletter, as Caritas College of Nursing continues to be the epitome of nursing education in Kerala. Caritas College of Nursing makes us proud again by achieving the A+ score in the accreditation in Quality Assurance Standards instituted by the Kerala University of Health Sciences, Thrissur.

Since the inception of Caritas College of Nursing under the wings of Caritas Hospital Trust in December 2002, this institute has been the jewel in the crown of Caritas hospital. Among more than 150 Nursing Institutes in Kerala, only 10 could achieve this prestigious accreditation so far. This serves a testimony on how prestigious this recognition is for us and this gives us immense confidence as we prepare for NAAC Accreditation by paving new pathways in achieving gold standard in academic research and curricular activities with renewed vigour.

We continue to emphasize on value education, intellectual and clinical training of the students so that they can excel in their nursing career. I would like to reiterate that we are committed to improve the health of individuals and communities.

I'm sure that this achievement will motivate us to improve and make the quality of learning of the students in our college more efficient with research, academic and non-academic activities.

Everyone who contributed in this achievement of Caritas College of Nursing, Prof.Ms. Twinkle Mathew, Principal, Prof Sr. Lisy John, Vice Principal, Ms. Asha Liz Mani, IQAC Co-ordinator, faculty, non-teaching staff, students, parents and our alumni deserves heartfelt thanks and appreciation.

Well done!

Let Caritas College of Nursing be known for its excellent services in the field of nursing education.

May the awards and recognitions continue to motivate us. Above all, may our students be able to sanctify the field of patient care with empathy and dedication.

With immense pride,

**Rev. Dr. Binu Kunnath** Director

#### **EDITORIAL**

PROF. MS. TWINKLE MATHEW
PRINCIPAL
Caritas College of Nursing



Celebrating Excellence in Nursing Education A Plus Achievement in QAS Accreditation by Kerala University of Health Sciences, Thrissur.

I am delighted to address you through our esteemed newsletter, and it brings me immense joy to share a moment of pride and achievement with each one of you. Caritas College of Nursing has recently undergone a comprehensive accreditation assessment by the Kerala University of Health Sciences, focusing on Quality Assurance Standards (QAS). I am thrilled to announce that our institution has not only met but surpassed expectations, securing an A Plus score.

This accomplishment is a testament to the unwavering dedication, hard work, and commitment of our entire faculty, staff, and students. It reflects our shared commitment to delivering excellence in nursing education and upholding the highest standards of quality.

The QAS accreditation process is a rigorous one, designed to ensure that educational institutions consistently meet and exceed benchmarks in curriculum, infrastructure, faculty expertise and overall learning outcomes. Achieving an A Plus score speaks volumes about the exceptional quality of education and training provided at Caritas College of Nursing.

As we celebrate this milestone, let us not forget that it is a collective effort. Our faculty members have consistently demonstrated their expertise and passion for teaching, our administrative staff has efficiently managed the operational aspects, and our students have embraced a culture of learning and professionalism.

This achievement is not just a recognition of our past efforts but also a call to sustain and elevate our standards further. It positions us as a leader in nursing education, setting an example for others to follow.

I would like to express my heartfelt gratitude to our very supportive management, led by Fr. Dr. Binu Kunnath, each member of the Caritas College of Nursing family for their contributions to this success. Let us continue to work together, innovate, and strive for excellence in all our endeavors.

In closing, I invite everyone to take pride in this achievement and to look forward to the promising future that lies ahead for Caritas College of Nursing.

Wishing you all continued success and growth.

**Prof. Ms. Twinkle Mathew** Principal

#### A MILESTONE ACHIEVED





Appreciation award for outstanding services provided through Community Health Centre, Nalpathimala.

# INTERNAL QUALITY ASSURANCE CELL - IQAC

#### **IQAC**



IQAC COORDINATOR &
KEY AREA HEAD
QUALITY ASSURANCE SYSTEM
Ms. Asha Liz Mani
Associate Professor
MSN DEPT

#### **KEY AREA HEADS**



INSTITUTIONAL
GOVERNANCE
Prof. Ms. Twinkle Mathew
Principal



TEACHING LEARNING
Ms. Bindu Philip
Associate Professor
OBG DEPT



CURRICULUM
IMPLEMENTATION
MONITORING
Prof. Ms. Smitha Paul
Professor
MSN DEPT



INFRASTRUCTURE
FACILITIES:
Mr. Arun G Plathottam
Associate Professor, HOD
MHN DEPT



ENVIRONMENT
Ms. Rincy T Issac
Associate Professor
MSN DEPT



OUTREACH PROGRAMME
Ms. Praveena Prakash
Associate Professor
CHN DEPT



GUIDANCE PROGRAMME
Sr. Liji Poonely
Assistant Professor
OBG DEPT



INNOVATION &
BEST PRACTICES
Ms. Anila C Eapen
Assistant Professor
OBG DEPT



INNOVATION &
BEST PRACTICES
Ms. Joslin John
Assistant Professor
PAEDIATRIC DEPT



FEEDBACK &
IMPLEMENTATION
PROCESS
Ms. Anu Joseph
Assistant Professor
CHN DEPT

# INTERNAL QUALITY ASSURANCE CELL - IQAC

#### **IQAC TRAINING PROGRAMMES**



Webinar on "Curriculum discussion for faculty"



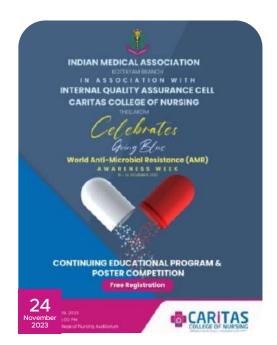
Faculty orientation & updates on use of ICT in class room organized by CNE department & IQAC.



Care plan presentation: A skill improvement session by Ms. Minna Mathews, II Semester B.Sc. Nursing student organized by IQAC.



Ms. Jency Jose, Lecturer, conducted CNE on 'Prevention of Needle stick injury'.



World Anti-Microbial Resistance awareness week: IMA Kottayam in Association with Internal Quality Assurance Cell, Caritas College of Nursing organized a Continuing Education Program and Poster Competition. Resource person was Dr. Deepthi Madhu, Chief Quality Officer and Infection Control Officer of Caritas Hospital and Institute of Health Sciences.The winners of Poster competition was awarded with Cash Prizes, 1st Prize Rs. 3000/-, 2nd Prize Rs. 2000/-, and 3rd Prize Rs. 1000/- respectively.



Session on "Adverse drug reactions and how to report ADR" organized for B.Sc. and M.Sc. Nursing students. The resource person on the topic was Dr. Kevin Roch.C, MD, Pharmacology, Caritas Hospital and Institute of Health Sciences



Intercollege poster competition conducted on account of World Anti-Microbial Resistance Awareness Week. Third Semester B.Sc. nursing students secured 1st prize.

#### **NEW VENTURES**



Inauguration of lactation clinic at Outreach Centre, Nalpathimala by Dr. Sharon Eliza, Community Medicine, Caritas Hospital & Institute of Health Sciences. It aims to increase breastfeeding knowledge to all expectant mothers, how to successfully breastfeed and sustain it up to 2 years or more.



Biometric punching system for students at College and Library

#### **TEACHERS' DESK**

#### **NEWLY JOINED STAFF**



MS. EMIL MATHEW
LECTURER
DEPT OF COMMUNITY
HEALTH NURSING



MS. SANCTY THOMSON
CLINICAL INSTRUCTOR
DEPT OF MEDICAL
SURGICAL NURSING



MS. JULINE JACOB
ASST. PROFESSOR
DEPT OF OBSTETRICAL AND
GYNECOLOGICAL NURSING

#### **FAREWELL**



MS. GINCY PETER
LECTURER
DEPT OF MEDICAL
SURGICAL NURSING



MS. CHRISTY ACCAMMA CHERIAN
CLINICAL INSTRUCTOR
DEPT OF MEDICAL
SURGICAL NURSING



MS. PRAVEENA PRAKASH
ASSOCIATE PROFESSOR
DEPT OF COMMUNITY HEALTH
NURSING



MS. PRAVEENA PAUL
LECTURER
DEPT OF CHILD HEALTH NURSING



MS. HARIPRIYA R
CLINICAL INSTRUCTOR
DEPT OF MEDICAL
SURGICAL NURSING

#### **TEACHERS' DESK**

#### **FACULTY AS RESOURCE PERSONS**

Prof.Ms.Twinkle Mathew as resource person on the topic "Patient Safety" in National Surgical Nursing Conference organized by College of Nursing, CMC, Vellore





Prof.Ms.Smitha Paul was the resource person on the topic "Challenges and Strategies-Adult Health Nursing Syllabus" at Nursing Seminar 2023, Kochi, Kerala.

Prof.Ms.Twinkle Mathew as resource person in the State Level Conference 'FDP ON KUHS Accreditation Standards & Process' hosted by Upasana College of Nursing, Kollam.



#### **CONTINUING NURSING EDUCATION PROGRAMME**



Ms. Jibin Raju, Lecturer, conducted a CNE programme on the Topic "Transcranial Direct Current Stimulation".

Ms. Rony P George, Lecturer, conducted a CNE programme on the topic "Neuromyelitis Optica".



#### **TEACHERS' DESK**



Our Faculty and Advanced Learners Attending Workshop on Acute Neuro Care, organized by Neurological society of India in collaboration with Dept. of Neurosciences, Caritas hospital and Dept. of Neurosurgery, Anaesthesia, Govt. MCH, Kottayam.

Mrs. Sunitha K, Lecturer, conducted CNE programme on Artificial Intelligence in Healthcare.



#### **ACHIEVEMENTS**



Dr. Gesa George

Hearty congratulations on your meritorious

Achievement of PhD



തമിഴ്നാട് അ ണ്ലാമലൈ സർ വകലാശാലയി ൽനിന്ന് ആ രോഗ്യശാസ്ത്ര ത്തിൽ പിഎ ച്ച്ഡി നേടിയ ഡോ. ജിസ ജോർജ്. (അ

സോസിയേറ്റ് പ്രഫ. കാരിത്താസ് കോളജ്). പാലാ പുലിയന്നൂർ മുട കാലിൽ അശോക് തോസി (സെ ൻട്രൽ സർവകലാശാല,കാസർഗോ ഡ്)ൻ്റെ ദാര്യയും കുറവിലങ്ങാട് ന സ്രത്തുഹിൽ പകലോമറ്റത്തിലായ കുഴിംതൊട്ടി കെ.സി. ജോർജിൻ്റെ യും റോസമ്മയുടെയും മകളുമാ ണ്. ആരോഗ്യശാസ്ത്രത്തിലെ മിക ച്ച ഗവേഷണത്തിനുള്ള വീനസ് ഇന്റ ർനാഷണൽ ഫൗണ്ടേഷൻ്റെ അന്തർ

Meritorious achievement of PhD of Dr. Gesa George , Assoc. Prof. , HOD, Dept. of Child Health Nursing

#### RESEARCH CELL

Intercollege Research paper presentation competition for undergraduate students organized by Research Cell on 27/07/23.







#### PAPER PUBLICATIONS OF FACULTY

- 1. A quasi experimental study to assess the effect of planned preoperative nursing instructional package on short term postoperative outcomes and selected postoperative behaviors among patients undergoing hysterectomy in a selected hospital, Kottayam authored by **Ms. Sunitha K** (Lecturer), **Ms. Anila C Eapen** (Assistant Professor) has been published in Journal of Nursing Science and Practice (STM Journal) (ISSN:2249-4758-Online), volume 13, Issue 2, 2023.
- 2. A descriptive study to assess the parental role strain regarding online class among parents of the primary school children authored by **Ms. Anu Joseph** (Assistant Professor) has been published in Journal of Nursing Science and Practice (STM Journal) (ISSN:2249-4758-Online), volume 13, Issue 2, 2023.
- 3. A descriptive study to assess the knowledge and practice of rural population regarding mosquito control measures authored by **Ms. Anu Joseph** (Assistant Professor) has been published in Journal of Nursing Science and Practice (STM Journal) (ISSN:2249-4758-Online), volume 13, Issue 2, 2023.
- 4. A descriptive study to assess the knowledge regarding rights and welfare schemes of differently abled children among mothers in a selected special school, Kottayam authored by **Mr. Mebin Ninan Babu** (Assistant Professor), **Ms. Juliya Jose** (Lecturer) has been published in Journal of Nursing Science and Practice (STM Journal) (ISSN:2249-4758-Online), volume 13, Issue 2, 2023.
- 5. A descriptive study to assess the knowledge of school teachers regarding psychological, behavioral and emotional disorders among children authored by **Mr. Arun G. Plathottam** (Associate Professor), **Ms. Praveena Paul** (Lecturer), has been published in journal of Nursing Science and Practice (STM Journal) (ISSN:2249-4758-Online), volume 13, Issue 2, 2023.
- 6. A descriptive study to assess the knowledge and attitude of women regarding mammogram and other screening modalities for breast cancer in a selected hospital, Kottayam authored by **Sr. Liji Poonely** (Assistant Professor), **Ms. Sheba Elsan Mathew** (Assistant Professor) has been published in journal of Nursing Science and Practice (STM Journal) (ISSN:2249-4758-Online), volume 13, Issue 2, 2023.
- 7. A Study to find the relationship between perception of empowerment and academic satisfaction among nursing students of a selected nursing college, Kottayam authored by **Ms. Liji R Kurian** (Assistant Professor), published in the Journal of Nursing Science & Practice. 2023; 13(3): 19–25p.

#### **SCIENTIFIC PAPER PRESENTATION**

**Ms. Liji R Kurian,** Assistant Professor Obstetrical & Gynecological nursing department has presented relationship between perception of empowerment and academic satisfaction among nursing students in a virtual conference in "Global Nursing Congress 2023" organized by society for nursing practices (SFNP) on 27/10/23.

#### **OUTREACH PROGRAMMES**

#### MEDICAL CAMPS



Faculty of Community Health Nursing Department and IV Year BSc Nursing students participated in the Inauguration of "Ayushman Bhava" programme and Medical camp in collaboration with Department of Health at Panampalam.



JEEVODHAYA 2023 Medical Camp organized by Caritas College of Nursing in collaboration with Caritas Hospital and St. Thomas Church at Nalpathimala.

#### CAPACITY BUILDING PROGRAMME



Capacity Building Programme at Outreach Centre, Nalpathimala : Role play on "Disaster Management" for training local population of Athirampuzha panchayath

#### **OUTREACH PROGRAMMES**

#### SCHOOL HEALTH PROGRAMMES



School Health Programme at Government UP School, Vedagri organized by Department of Community Health Nursing and P B B.Sc. Nursing students



School Health Programme at St. Thomas L P School, Kaipuzha organized by 4th Year B.Sc. Nursing students and Community Health Nursing Department. Activities included health appraisal of school children, growth and development monitoring, referral services, nutritional services, and information education communication activities.

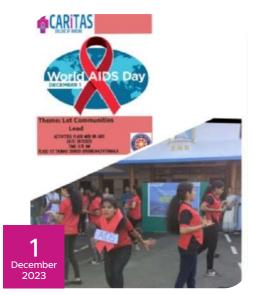
#### **WELL FEST**



ORS week: Organized by Department of Child Health Nursing, IAP and NSS unit.



World Mental Health Day: Theme: "Mental health is a Universal Human Right" organized by Dept of Mental Health Nursing in collaboration with Caritas Hospital, Dept of Psychiatry and Dept of Pastoral Care. It was showcased with exhibition, role play and short film.



World Aids Day Celebration: Flash Mob on Theme 'Let the Communities Lead' organized and performed by 4th year B.Sc. Nursing students in outreach centre Nalpathimala.



World Heart Day: Flash Mob at Kottayam Railway station by IV Semester B.Sc. Nursing students.



World Diabetes Day: Celebrated at outreach centre, Nalpathimala, organized by Community health nursing Department and 4th year B.Sc. Nursing students.



World Breastfeeding Week: celebrated from 1-7 Aug 2023 on the Theme 'Enabling Breastfeeding: making a difference for working parents' organized by 4th year B.Sc. Nursing and OBG department in collaboration with Paediatric department of Caritas hospital. The program had a health information desk, role play, exhibition and reels

#### **HEALTH AWARENESS PROGRAMME**



Geriatric service "Snehatheeram" at St. Thomas Asylum, Kaipuzha.



Stroke Awareness Programme conducted at Caritas Hospital organized by 3rd Year B.Sc.Nursing students and Medical Surgical Nursing Department.



Nutritional Programme NUTRIKIDS organized by 2nd year P B B.Sc. Nursing students in association with Community Health Nursing dept. at Nalpathimala Sub Centre.



Community Health Nursing Department and II Year P.B.B.Sc.Nursing students participated in epidemiological survey on Dengue fever at MG university campus, Athirampuzha along with Department of Health, PHC, Athirampuzha.



Nutritional Exhibition and Role Play at Primary Health Centre, Athirampuzha

## NSS



independence day eclebration by 1135 unit



"Run Caritas Run" Fitness competition organized by NSS unit

"Skip a coffee and help a needy" programme aimed to welfare of disabled, poor and sick. 10/10/2023



Financial Assistance Programme "Helping Hand To Needy" at Athirampuzha Ward.

# STUDENT SUPPORT AND GUIDANCE CELL



Anti-ragging general body meeting



SMILE MAKERS 2023, Motivational session for Ist Semester B.Sc.Nursing Students 2023 Batch.

#### **CAREER GUIDANCE CELL**



Career guidance and placement cell stall for outgoing students after graduation ceremony

# STUDENT COUNCIL SARANG

Winners of SNA Cultural and Educational Competition at Zonal and State level 2023





# STUDENT COUNCIL SARANG

#### Winners of KUHS Central and Interzonal Art Fest 2023





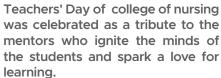
# STUDENT COUNCIL SARANG

#### **CELEBRATIONS OF SPECIAL DAYS BY SARANG**



Capturing the essence of Onam at Caritas College of Nursing – where traditions dance, flavors unite, and joy echoes through every celebration









Transforming Chaithanya auditorium into a stage of cultural brilliance. Students of Caritas College of Nursing performed enchanting program, weaving together traditions and tales through dance, music, and laughter

Gathering under the banner of unity – Caritas College of Nursing's Monthly General Assembly is conducted on 3rd Wednesday of every month.







Embracing the magic of the season at Caritas College of Nursing's Christmas Fest from harmonious carol competitions to the festive flair of Buon Natale and enchanting stalls – every moment is a celebration of joy & unity

# STUDENT COUNCIL SARANG

#### **CLUB ACTIVITIES**

#### **NATURE CLUB**



Poster competition on 'Protection of Ozone Layer' as a part of World Ozone day celebration organized by Nature Club. The winners were awarded with prizes.



Eco-friendly activity project:

Bottle craft

# Constants Form Due Sartis Form Due to the first form Due to the f

Hand made Xmas cards were sent to all faculty

#### **SPORTS CLUB**



#### **QUIZ CLUB**

Ornamental fish cultivation



## ARTS CLUB



Caritas College of Nursing was honored to host our international friends and they were treated to a spectacular cultural programme, curated with passion and talent by the Arts Club

Page 21

#### **CELEBRATIONS**



Feast day celebration of Rev. Dr. Binu Kunnath Director Caritas Hospital & Institute of Health Sciences



Freshers' day celebration



## **Teachers' Day Celebration**

Rev. Dr. Binu Kunnath honoured the faculty on Teachers' Day



Birthday celebrations



Graduation ceremony

#### **WELFARE ACTIVITIES**

#### STUDENTS PICNIC



3rd year B.Sc.Nursing WONDERLA, ERNAKULAM



3rd semester B.Sc. Nursing ATHIRAPPILLY, THRISSUR



4th year B.Sc. Nursing CHIKMAGALUR, MANGALORE



1st year P B B.Sc Nursing ARUVIKUZHY WATER FALLS, PALLIKKATHODU



2<sup>nd</sup> year P B B.Sc.Nursing: ILLIKKAL KALLU, PALA, KOTTAYAM

## **WELFARE ACTIVITIES**

## STAFF PICNIC





GREENBURG RESORT, IDUKKI

#### **SPECIAL EVENTS**



Course inauguration of first semester B.Sc.Nursing 2023 batch



Children's Day Celebration organized by Paediatric Department





International delegates from Salford University, **UK visited Caritas College of nursing** 



Students participated in National Conference Jesus Youth India, JAGO 2023



Visit to MEDEX, Medical Exhibition at Medical College, Kottayam



**Nutrizione:** Nutritional programme by II Semester B.Sc. Nursing students

## **ACADEMIC TOPPERS**



Ms. Jojia C Jose 2ND YEAR B.Sc. NURSING



Ms. Sruthimol. S **1ST YEAR P B B.Sc.NURSING** 



Ms. Athira Suresh 3RD SEM B.Sc. NURSING



Ms. Minna Mathew **1ST SEM B.Sc. NURSING** 

## QR CODES





REEL SHARED ON 12 NOVEMBER 2023



REEL SHARED ON 11 OCTOBER 2023 World Mental Health Day

Oct 11th



BY CARITASNURSINGCOLLEGE World Heart Day Oct 1st



**REEL SHARED ON 3 AUGUST 2023** 



Twinning programme with Sanford University Nov



REEL SHARED ON 10 OCTOBER 2023

World Breastfeeding Week August 3rd, 4th, and 5th

Fitness Challenge, Oct 10th



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

OM.Sc. Nursing (2 Years) - 12 Seats
 O M.Sc. (Medical Surgical Nursing) - 4 Seats
 OM.Sc. (Obstetric and Gynecologic Nursing) - 4 Seats
 O B.Sc. Nursing (4 Years) - 70 Seats
 O Post Basic B.Sc. Nursing 15 Seats

Committed to Offer Quality Nursing Education Since Decades

## **UPCOMING EVENTS**

- 1. State level workshop on "Reference management softwares"
  - 2. In house: Statistical softwares grand proposal writing
  - 3. A curriculum workshop on "Outcome based education"