

SRM INSTITUTE OF SCIENCE AND TECHNOLOGY KATTANKULATHUR



CONTENT

COLLEGE PROGRAMMES	P.01
OUTREACH ACTIVITIES	P.06
COMMEMORATION OF HEALTH DAYS	P.12
STUDENT ACTIVITIES	P.16
SPECIAL PROGRAMMES	P.19
ALUMNI CORNER	P.21
TAMIL PERAYAM	P.22
FACULTY ACTIVITIES	P.25

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SCAN QR
CODE TO VIEW
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NEWSLETTER



NEWSLETTER OF SRM COLLEGE OF NURSING

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SRMCON BLOOMS

From The Editorial Desk

"Success isn't always about greatness. It's about consistency. Consistent hard work leads to success. Greatness will come." —

Dwayne Johnson

Greetings Readers,

"Let your bolstered pen stand at the risk of tomorrow, See the whispering wing calling out to the enigmatic bird. Let the grass sing, let the flowers bloom, Let the echo within you always be heard."

I know, you're busy, in fact all are busy, How can we not be in a world that moves at a warp speed? But the point here is, wouldn't you love to stop, breathe in your surroundings and connect with all those beautiful memories you had in mind while you created your masterpiece!

NEWSLETTER BLOOMS - One Book - Several emotion thoughts and ideas"

As you go through the pages of this Blooms, you will go down the memory lane cherishing those beautiful memories and for surely feel connected to the rest!

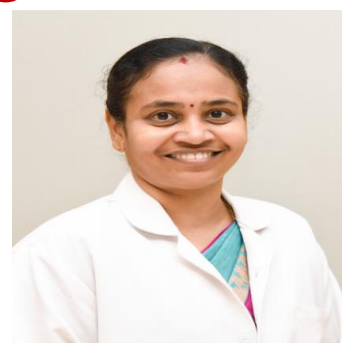
**Hope you enjoy the Newsletter.
Happy Reading!**



Prof (Dr). Helen Shaji J C,
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Dr .N. Bamini Devi



Dr. Suseelal T



Ms. Aswathy Nair

COLLEGE PROGRAMMES

Teachers' Day - 2024



"SRM College of Nursing celebrated Teachers' Day 2024 on 5th September between 1 PM to 2 PM at B.Sc Nursing II year classroom, II Floor, SRM CON with great enthusiasm! The SNA organized a variety of events where our dedicated teachers entertained students with their talents in singing and dancing. Students from M.Sc. Nursing, B.Sc. Nursing, [P.B.B.Sc.](#), and DGNM programmes actively participated, making the celebration a memorable one. Teachers exhibited their talents and entertained by singing and dancing.

Ayudha Pooja Celebration 2024



Ayudha Pooja Celebration was held on 09.10.2024 between 11.30a.m to 12.00 noon in the Ground floor , SRM College of Nursing. Faculty and student representatives organized the event. A priest was invited to conduct the pooja and he led it auspiciously. A student's devotional song was played during the auspicious Pooja. Dr.Nithin M Nagarkar ProVC MHS I/C, Dr. Venkatraman Medical Superintendent SRM MCH, Nursing Staffs from SRM MCH& RC attended the Pooja celebration. BSc(N) I semester and BSc(N)IV year students participated. Refreshments were provided to all participants after the pooja.

Lamp Lighting Ceremony



The SRM College of Nursing, kattankulathur conducted lamp lighting ceremony for the 33rd Batch of BSc Nursing students on 23.10.2024 between 11.00 am to 01.00 pm at III Floor Auditorium, SRM Medical College. The programme started with invocation followed by lighting of the traditional light by the dignitaries. Dr. Helen Shaji, Dean of SRM College of Nursing, welcomed the dignitaries and explained the significance of ceremony and assured the budding students the best support will be rendered for their success. All the dignitaries on the dias were felicitated.

Dr. Helen Shaji Dean, SRM College of Nursing, Dr. Vinitha Ravindran Dean, College of Nursing, CMC, Vellore, Prof. Dr. Vijayalakshmi, Vice Principal, SRM College of Nursing, Mrs. Kavitha, Chief Nursing Officer, SRM MCH & RC, and Prof. Dr. Kalavalli, Professor, SRM College of Nursing lit the student lamps.

Lamp Lighting Ceremony

Mrs. Kavitha, the Chief Nursing Officer at SRM MCH & RC, led the students in taking the Florence Nightingale Pledge, which committed them to preserving nursing values in their life time followed by the students sung songs to keep their light shine forever.

Lt. col, Dr. Ravikumar, Research Advisor, SRMMCH & RC, Dr. Mythili, Additional Registrar, SRMMCH & RC and The Medical Superintendent of SRMMCH & RC, Dr. Venkatraman felicitated the gathering. The chief guest congratulated the budding nurses, in her address she explained that nursing is caring , caring is relational, wondering and doing your best. The pro VC I/C Dean, medical in-charge appreciated the service rendered by the nurses 24 ×7 he also highlighted the need for nursing service in the remote and tribal areas in our country. The vice principal of SRM College of Nursing, Dr. Vijayalakshmi proposed vote of thanks



Continuing Nursing Education- 2024

The Department of Obstetrics and Gynaecological Nursing, SRM College of Nursing organized the **“Continuing Nursing Education”** on 28.10.2024 between 9.00 am to 1.00 pm. Mrs. Deena Jothy. R, Associate Professor, HOD, Department of OBG Nursing unveiled the theme of the CNE- **“Emerging Paradigm for Obstetrics and Gynaecology Health Care Providers”** and welcomed the gathering. Dr, Helen Shaji. J. C, Dean, SRM CON delivered the presidential address followed by Prof. Dr. R. Vijayalakshmi, Vice Principal, felicitated the gathering. The inauguration concluded with vote of thanks by Mrs. Abizha. G, Nursing tutor, Department of OBG Nursing, SRM CON.

The scientific session started with Dr. Sajeetha Kumari, Professor, Department of OBG, SRM MCH&RC, SRM IST presented on “An overview of Emerging Paradigm for Obstetrics and Gynecology health care providers”, following that Prof. Dr. Karpagavalli, Vice Principal, Department of Obstetrics and Gynaecological Nursing, Tagore College of Nursing presented on “Ecological Toxicants and Human Fertility in Obstetrics”.

Poster presentation on “Emerging Paradigm for Obstetrics and Gynaecology Health Care Providers” had done by M.Sc. Nursing, B.Sc. Nursing IV Year, P.B.B.Sc. Nursing and DGNM students and best three posters were awarded. Valedictory ceremony was conducted at 12.50 pm. Ms. Christina Jacinth, M.Sc. Nursing I year, Bhuvanesh B.Sc. IV Year and Ms. Annie Prema DGNM III year gave their feedback on the CNE and they informed that the CNE was informative. Total 147 participants registered, Pretest was conducted before the scientific session, 147 responded in which the overall knowledge of the participants was 49% and posttest was conducted after the scientific session, 147 responded which showed improvement in overall knowledge with 92%. Mrs. Deena Jothy. R, proposed vote of thanks.



OUTREACH ACTIVITIES

Awareness Programme On Personal And Menstrual Hygiene



The SRM College of Nursing conducted an impactful awareness programme on personal and menstrual hygiene at Ekailaiva Model Residential School, Kumizhi village, on 06.09.2024 BSc Nursing 5th-semester students totally 50 in Nos. divided into 7 groups, and measured the height and weight of all the students. Health education sessions on hygiene were followed by a vibrant hand-washing dance performance by the Nursing students, promoting healthy habits with enthusiasm

DAAN UTSAV 2024

NSS unit of SRM CON organized DAAN UTSAV which means joy of giving on October 4, 2024. The team of BSC Nursing V semester students distributed first aid boxes, dry rations, and old clothes to the IGM Home in Guduvancherry. “Thank you”, cards were also prepared for lift operators and housekeeping staff, to show appreciation for their support. Volunteers promoted awareness on plastic ban by distributing paper bags to local vendors. Volunteers promoted awareness on plastic ban by distributing paper bags to local vendors.





NSS OUTREACH ACTIVITY

World Mental Health Day Awareness Programme



World Mental Health Day on 10th October 2024 with an awareness programme at Meyyur Village, conducted under the NSS Unit. The programme focused on spreading awareness about mental health issues and reducing stigma in the community. Nursing students presented a compelling skit and performed a special song to emphasize the significance of mental well-being. The event successfully engaged the community, fostering a better understanding of mental health concerns.





NSS OUTREACH ACTIVITY

World Suicide Prevention Day

World Suicide Prevention Day was commemorated on 18th September 2024 at SRM College of Nursing, in collaboration with the Faculty of Management under the NSS. NSS volunteers delivered on "Changing the Narrative on Suicide," performed a motivational song, and enacted a role play titled "Not to Hurt but to Heal." The event also featured a video presentation and special addresses by Mrs. Geetha, NSS programme Officer, and Mrs. Angeline, Assistant NSS programme Officer. B.Sc Nursing IV Year 60 students and 50 students from faculty of management participated in the event.



NSS Day Celebration

On 24th September 2024, Mrs. Angeline Dhanalakshmi, Associate Professor, was honored with the Best NSS programme Officer Award, and Ms. Aheli Mukherji, a B.Sc. (N) IV-year student, was recognized with the Best NSS Volunteer Award for NSS Unit 4. These prestigious awards were presented by the esteemed Chief Guests, Dr. P.M. Nair, former Director General of NDRF, and Mr. A.J. Hariharan, Founder and CEO of ICWO.



Awareness Programme On Breast Cancer



YRC SRMCON organized breast cancer awareness programme has been conducted on 30th October 2024, at Thirucachur, Maraimalai Nagar proclaiming the Breast cancer awareness theme of the year 2024: “No-One should face Breast cancer”. through which need of awareness and education regarding breast cancer was disseminated to the participants. The programme was initiated by a welcome speech by Mrs. Kanmani.K Asst.Prof , SRM College of Nursing. The programme was started with a sensitization role-play specifying the importance of awareness regarding breast cancer among the general population by nursing students. Ms. Agalya, Ms. Vaishnavi, Ms, Priyadharshini, Sherin Gracy B.Sc(Nursing) V semester students.

The session then progressed to elaborative presentation on various topics with charts and posters, such as epidemiology and risk factor by Ms. Anpu Elizabeth who rolled out statistics to show the alarming increase in breast cancer cases in recent years followed by an interactive session on signs and symptoms of breast-cancer along with a demonstration on how to carry out Self Breast Examination (SBE) were shown, and advised the girl Adolescent girls & women on the measures to be taken to protect themselves from the dreadful disease. Students visited 48 houses and 62 members were benefitted. The programme ended at 12.00pm.

COMMEMORATION OF HEALTH DAYS

World Suicide Prevention Day – 2024



World Suicide Prevention Day 2024, the Department of Mental Health Nursing at SRM College of Nursing & Collaboration with department of Psychiatry, SRM MCH & RC led a powerful rally with the theme ‘Changing the Narrative in Suicide’ on September 9, 2024 between 10.00 am to 12.00 pm. By promoting hope, resilience, and open dialogue, team aim to break the stigma and encourage early intervention inside the campus. B.Sc Nursing students V semester & P.B.B.Sc II Year 56 students participated. Keynote address was delivered by Prof. Nihar Ranjan Biswas Honourable vice chancellor, SBV who joined virtually through Zoom.

World Heart Day



The department of Medical Surgical Nursing commemorated the “World Heart Day” with the theme of “Use Heart for action” on 30.09.2024 between 2 pm to 4 pm. B.Sc. (N) III Semester 100 students were participated in the programme. Quiz was conducted among 25 students, Group 2 won 1st place, Group 1 won 2nd place and the Group 4 and 5 won 3rd place.

Global Handwashing Day 2024

The Department of Pediatric Nursing and SRMCON NSS Unit observed Global Handwashing Day 2024 with the theme “Why are clean hands still important?” on 21.10.2024 between 9.30 am to 11.30 am, at Hawishcar Happy High School, Kollamedu, Chengalpattu district. Ten students from BSc Nursing V Semester and one student from (MSc Nursing) II Year participated in the event. The students conducted a demonstration emphasizing the importance of handwashing. 110 students from Grades 6 and 7 has actively participated. They also explained the significance of personal hygiene and how to manage worm infestations using informative charts and pamphlets. The headmistress appreciated the efforts, that the information was highly informative and the students did excellent work.



World Mental Health Day Celebration

The Department of Mental Health Nursing organized a celebration for World Mental Health Day 2024, themed “It is time to prioritize Mental Health in the Workplace.” The event aimed to raise awareness about mental health issues and promote well-being in professional environments on 08.10.2024.

The event commenced with a welcome address by Dr. R. Vijayalaksmi, Vice-Principal of SRM College of Nursing, who highlighted the significance of mental health in the workplace.

Dr. Helen Shaji, Dean of SRM College of Nursing, delivered a special address, emphasizing the need for supportive work environments that foster mental well-being. Her insights underscored the role of leadership in prioritizing mental health initiatives.

Mrs. Kalaivani P, Assistant Professor in the Department of Clinical Psychology at SRM MCH & RC, served as the guest speaker. She provided an in-depth exploration of mental health challenges faced in the workplace and offered strategies for fostering a healthier work culture. Her presentation was well-received, sparking engaging discussions among attendees.

The Mental Health Nursing team conducted an interactive activity focused on work-life balance. Participants engaged in discussions and exercises that highlighted practical tips for maintaining balance and promoting mental well-being in professional settings.

The programme concluded with a vote of thanks delivered by Mrs. Kavitha P, Assistant Professor at SRM College of Nursing. The event ended on a patriotic note with the singing of the National Anthem.



World Iodine Deficiency Day



The Department of Medical Surgical Nursing, SRM College of Nursing commemorated World Iodine Deficiency Day with the theme “To raise awareness about the importance of iodine in health and to promote iodine rich diets ” and organized Guest lecturer on 21.10.2024 between 1.00 pm – 2.00 pm at MP Hall, SRM CON, SRMIST. The programme was started with Invocation, Mrs.P.Shiyamala, Tutor, SRM CON welcomed the gathering and introduced the guest speaker. Dr.T.A.Vidya MD, Professor, Department of Medicine at SRMCH & RC. Presented on “Iodine deficiency disorders”. B.Sc. (N) IIIrd semester (95 students) DGNM II year (15 students), PBBSC (N) (6 students) were participated. The Presentation was elaborate, interesting and highly informative. Students gave positive feedback about the session. Ms, Jenitha, Tutor, SRMCON, delivered the vote of thanks and the programme ended at 3.00 pm.

Onam Celebration



The SRM College of Nursing along with the Student Nurses Association celebrated the vibrant festival of Onam on September 13, 2024, with immense joy and enthusiasm! B. Sc. Nursing students showcased their talent in traditional Onam dances, sang festive songs, and participated in a thrilling tug of war, bringing together both students and faculty for a day of fun and festivity.

Diwali Celebration-2024



The Diwali celebrations was organized by SNA unit which begin with a traditional invocation. A vibrant welcome dance performed by Ms. Deveeshna and Ms. Nimitha from the B.Sc Nursing II Year. A brief video titled "Festival of Lights: Where Every Flame Tells a Story!" provided insights into the significance of Diwali and its various traditions, enhancing the audience's understanding of the festival. Ms. Pooja S from the B.Sc Nursing IV Year delivered the welcome address, welcoming all attendees and setting the stage for the festivities.

The Dean, Prof. (Dr). Helen Shaji J C, gave a special address highlighting the importance of Diwali and its message of light overcoming darkness & also oversee the prize distribution segment, recognizing outstanding contributions from students in various competitions held prior to the event from 21.10.2024 to 24.10.2024.

Diwali Celebration-2024

Mr. John B Mathew, a student from the B.Sc Nursing IV Year, expressed gratitude to all participants, organizers, and attendees for their involvement and support. The event included with the singing of the National Anthem to honor the spirit of unity and patriotism.

The celebration concluded with cultural events performed by nursing students, showcasing traditional dances, songs and singing that reflect the diversity and vibrancy of Indian culture during Diwali.



SPECIAL PROGRAMMES

BARCLAYS LIFE SKILLS PROGRAMME

26 .09.2024 , 27.09.2024 & 30.09.2024

The Barclays Life Skills programme, aimed at enhancing essential soft skills for B.Sc. Nursing 4th year 100 students participated in engaging soft skills sessions on 26th, 27th & 30th September 2024! Led by Mr. Mohammed Azharuddin, Soft Skill Trainer, GTT Foundation with extensive experience in personal and professional development. Activities like Onion Rings, experience sharing, energizing commands, story presentation from given pictures, Whisper Chinese and extempore boosted their communication and teamwork skills. Overall, the programme was a valuable experience for all students. Attendees left equipped with essential skills that will benefit them in their current and future endeavors. The positive feedback and engagement throughout the sessions suggest that such training should be a priority for personal and professional development initiatives.



SPECIAL PROGRAMMES

Campus Placement Drive



The Placement Unit of SRM College of Nursing, SRMIST, organized a campus interview for the B.Sc. Nursing outgoing batch of 2020–2024

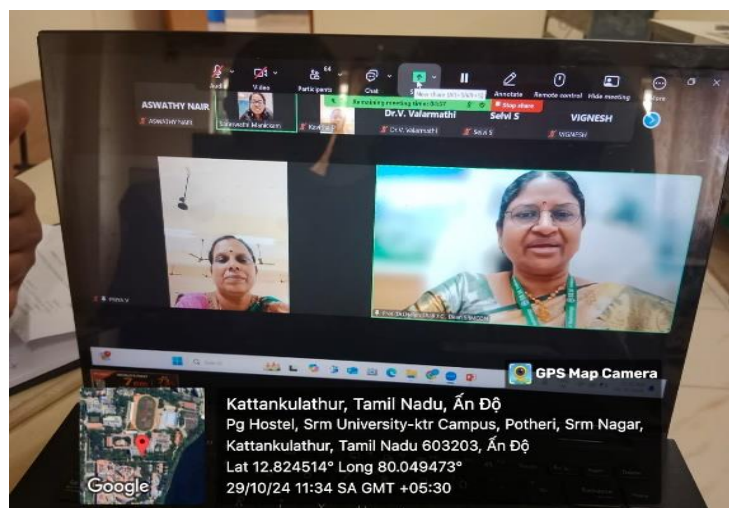
DATE	ORGANIZATION	TOTAL NUMBER OF STUDENTS PLACED
23.09.2024	Adyar Cancer Hospital, Chennai	94 Nursing Students (100%) got placed through competency exam and face to face interview
24.09.2024	Apollo Hospital Chennai	
25.09.2024	Dr. Rela Institute & Medical Centre, Chennai	



ALUMNI INTERACTION

Alumni Talk on “Career Guidance in Nursing – Opportunities in England– an overview”

Alumni interaction was organized by SRM College of Nursing on 29.10.24. Between 11.00 am to 12.00 noon. The programme started with Invocation, Ms.V. Priya, Assistant professor, SRMCON welcomed the gathering. Mrs.Saraswathi Manickam M.Sc NPCC, Accident and Emergency Nurse at Lincoln County Hospital, England, presented on the topic “Career Guidance in Nursing – Opportunities in England”. It was highly informative session. B.Sc(N) IV Year 98 students & SRMCON Alumni faculties attended the session. Dr. Helen Shaji J C, Dean, SRM College of Nursing felicitated the event and shared valuable information and Mrs. Radha Ravindharan, Assistant Directorate of Alumni affairs felicitated the gathering. Mrs. S.Selvi, Tutor, SRMCON, delivered the Vote of Thanks.



TAMIL PERAYAM - PAAVENDHAR TAMIL MANDRAM

Special Debate Event For Diwali Celebration-2024

The event commenced with the traditional Tamil Thai Vazhthu. The welcome address was delivered by Mrs.J. Selva Mary Devakani, Assistant Professor, SRM College of Nursing. She warmly welcomed all attendees, including distinguished guests, faculty members, and students.

Dr. J.C. Helen Shaji, Dean ,SRM College of Nursing presented a memento and adorned the Tamil Perayam President with a ceremonial shawl as a token of respect and appreciation for their contributions to the Tamil Mandram. In return, the Tamil Perayam President honored the Dean, SRM College of Nursing, with a ceremonial shawl, symbolizing mutual respect.

The keynote address was delivered by Dr. Karu. Nagarajan, the President of Tamil Perayam. He spoke passionately about the role of festivals in strengthening community bonds and preserving cultural identity. He highlighted about the nursing student's participation in all events of Paavendhar Tamil Mandram.



Special Debate Event For Diwali Celebration-2024

Dr. J.C. Helen Shaji, Dean, SRM College of Nursing, extended her greetings to all participants. In her address, she highlighted the importance of education in celebrating and upholding cultural heritage. Debate Topic: “பண்டிகைகள் கொண்டாடப்படுவது அவசியமா? ஆடம்பரமா?”

Moderator: Dr. K. Shanmugam, Associate Professor at SRM Valliammai Engineering College, skillfully moderated the session.

Speakers: The debate featured a mix of faculty members and students, presenting diverse viewpoints on the topic. Some argued that festivals play a crucial role in maintaining cultural identity and social cohesion, while others questioned the necessity of extravagant celebrations in modern times. This lively discussion encouraged critical thinking and allowed participants to express their opinions openly.

The vote of thanks was delivered by N. Divya, Associate Professor at SRM College of Nursing.



TAMIL PERAYAM - PAAVENDHAR TAMIL MANDRAM

Paari Vendhar Student Tamil Forum 10th Anniversary Celebration



SRM College of Nursing have been selected as student coordinators for the 2024-2025 academic year through a face-to-face interview conducted by the Paari Vendhar Student Tamil Forum. The 10th anniversary celebration took place on 08.10.2024 at Dr. T. P. Ganeshan Auditorium , presided over by the esteemed Registrar of SRM University.

During the event, the selected students were awarded appointment letters and ID cards

FACULTY ACTIVITIES

SEMINAR - “Transforming Evidence Into Practice In Nursing,” Organised By Hindu Mission College Of Nursing”

SRM College of Nursing faculty and PG students participated in a seminar on “Transforming Evidence into practice in Nursing,” organised by Hindu Mission College of Nursing on 09.10.2024

Dr. Valarmathi V from SRM College of Nursing won the Best Poster Award in the E-poster category. Additionally, Ms. Subraja R and Ms. Bhagawaty Kalikotay, Ph.D. scholars, secured prizes in the Quiz Competition. Dr. N. Bamini Devi, Professor, served as the programme observer from Tamil Nadu Nurses and Midwives council.



FACULTY ACTIVITIES

National Conference- World Patient Safety Day

SRM College of Nursing participated in a National -level Conference World Patient Safety Day on 10.10.2024 at Kanchi Kamakoti Child's Trust Hospital, Nungambakkam. The conference, themed "Improving diagnosis for patient safety" with the slogan "Get it right, make it safe!", highlighting the critical importance of correct and timely diagnosis in ensuring patient safety and improving health outcomes. 2 Faculties and 03 students from MSc Nursing I year participated. The session was highly informative.



Dr. R. Vijayalakshmi and Dr.M.Kalavalli had authored an e- book on Mental health terminology examples with explanation. The Kindle edition of this self-published e-book is accessible on amazon.com.

STUDENT CORNER

NURSES ARE THE HEART OF HEALTH CARE



Tashi Lhamo
B.Sc (N) 5th Semester

TASHI LHAMO, BSC NURSING V SEMESTER

Fun quiz for you students to attend and find out your knowledge about nursing. Find out the answers and send it into our mail id.

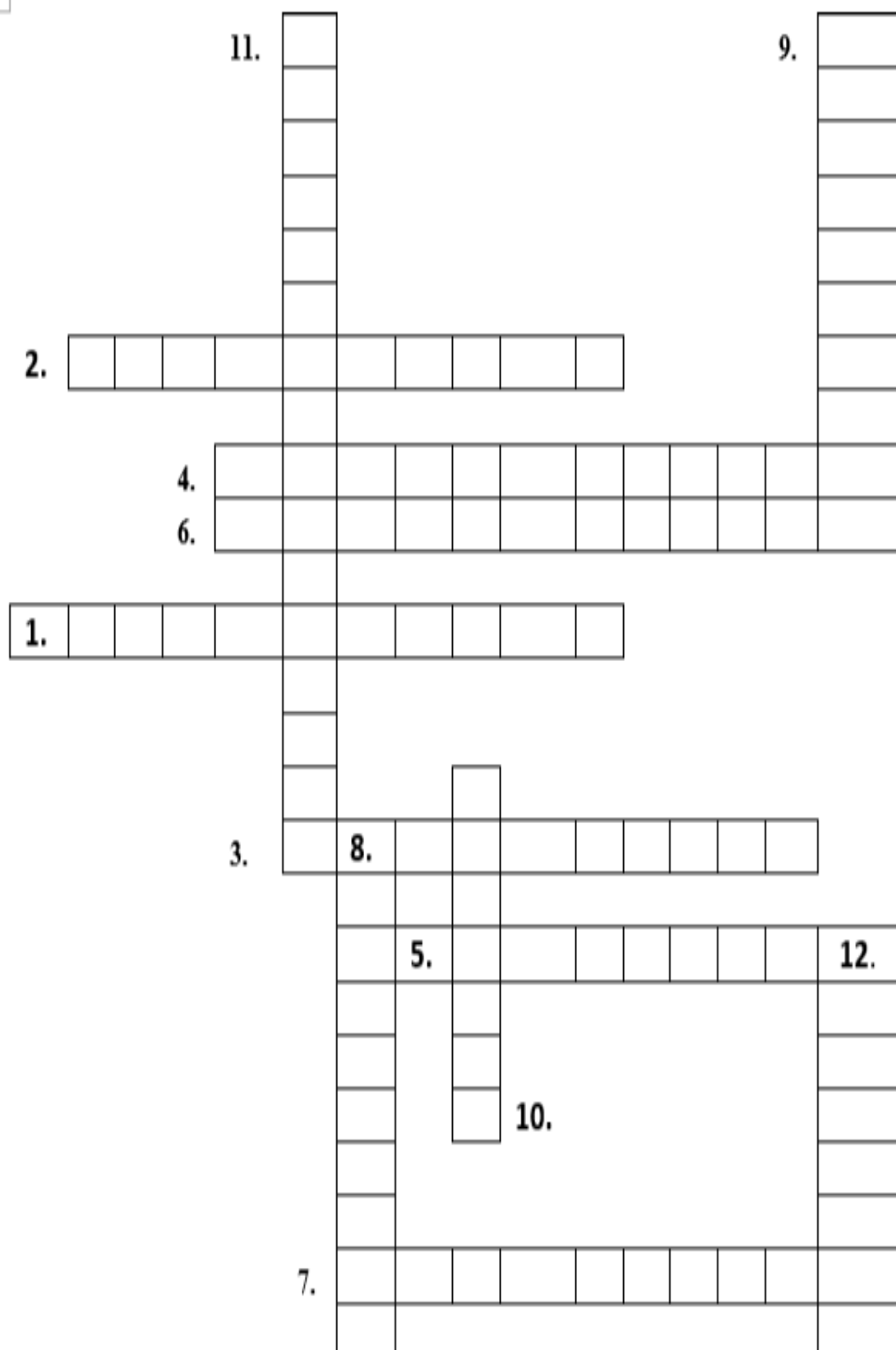
Clues

Across:

1. Temperature is measured by
2. Fluid balance chart
3. Preventive skin care measure
4. Device for oxygen delivery
5. Common medication for pain
6. Aseptic technique is crucial in preventing this
7. Drug administer through vein

Down:

8. Charting patient info digitally
9. Type of infection acquired in hospitals
10. Loss of consciousness due to low blood pressure
11. Device used for measuring blood pressure
12. Rapid response to a critical patient



NOTE: Answer key will be published in next issue

MS.DIYA SUSAN MANOJ, BSC NURSING V SEMESTER



SRM COLLEGE OF NURSING

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