

THE SPARKLE - 2020



**VINAYAKA MISSION'S
ANNAPOORANA COLLEGE AND SCHOOL OF NURSING, SALEM**

VINAYAKA MISSION'S

ANNAPOORANA COLLEGE OF NURSING, SALEM

VISION

“Service to humanity is service to God”. Nursing service is most essential part of human health. Nurse is a team member of the health care delivery system. The institution has a vision of preparing the nursing students to be able to practice nursing care to the individual in any part of the world and will be able to deliver the services up to the maximum level of proficiency.

MISSION

- *Spirit of dedication and care.*
- *Develop and prepare the students at the level of international standard under the able guidance of the nursing fraternity.*
- *Prepare the students with all the advanced scientific skills with evidence based practice in nursing to provide comprehensive care.*
- *Skill in Communication and Rapport are given top most priority.*
- *Integration of education for upliftment of the students as nursing professional.*

*A Fountain head of knowledge
Always a source of inspiration*
“Our Honourable Founder Chancellor”



Dr. A. SHANMUGASUNDARAM

Founder Chancellor

Vinayaka Mission's Research Foundation - Deemed to be University

We remember you with - pride and gratitude;

Your presence remains with us - like a blessing;

We cherish your virtues of high - principles, hard work & generosity;

Your path of righteousness - continues to inspire us;

Your vision will – motivate us forever;

Your memories are - always with us.

**The Principal, Faculty
& Students, VMAON,
Salem**





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Mrs. Annapoorani Shanmugasundaram

Madam Founder Chancellor

VMRF - DU

Message

It gives me immense pleasure to know that Vinayaka Mission's Annapoorana College of Nursing is going to release Annual e - Magazine "THE SPARKLE-2020".

Nursing is a profession that carries enormous responsibilities of leading reform in health and health care system, improves health outcomes of patients and their families, generate and transform knowledge that improves nursing education, leadership and practice.

Our Vinayaka Mission's Annapoorana College of Nursing, Salem, is committed to meet those challenges, enriches young nurses with scrupulous knowledge, skill and extracurricular activities that paves towards excellence. I hope that the magazine may hold many write-ups useful for the students and reflects the growth of our institution.

I convey my best wishes to Principal, Faculty and all Students for the success of the Annual Day function and other future endeavours.

With Best Wishes,

Mrs. Annapoorani Shanmugasundaram



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Dato' Sri Dr.S. Sharavanan, M.B.B.S., M.D.,
Pro – Chancellor – VMRF - DU

Message

I'm happy the Vinayaka Mission's Annapoorana College of Nursing, Salem is publishing the Annual Day e-magazine - "THE SPARKLE-2020".

Nursing encompasses autonomous and collaborative care of individuals of all ages, families, groups and communities, sick or well and in all settings. It includes the promotion of health, the prevention of illness, and the care of ill, disabled and other needy people,

Through the critical thinking exemplified in the nursing process, nurses use their judgment to integrate objective data with subjective experience of a patient's biological, physical and behavioural needs. This ensures that every patient, from city hospitals to community health centers receives the best possible care regardless of who they are, or where they may be

I am confident that the students passing out of this college are very successful in their career wherever they are. I wish them all success in all walks of their life.

With Best Wishes,

Dato' Sri Dr.S. Sharavanan



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Dr.A.S.Ganesan, M.B.B.S.,

Chancellor – VMRF-DU

Message

I am very happy to know that our Vinayaka Mission's Annapoorana College of Nursing, Salem is releasing the annual e- Magazine "THE SPARKLE 2020"

On this memorable occasion I wish you all good speed in all your endeavours. Nursing has been occupying a stellar role in the field of provision of high-quality Health care around the globe and its importance has been recognized the world over.

I am glad to mention here that our VMACON is turning out dedicated professionals every year.

I find that the articles in the annual e - Magazine "THE SPARKLE - 2020" are worth reading. I appreciate the efforts of the contributors.

With Best Wishes,

Dr.A.S. Ganesan



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Mr. J. S. Sathishkumar, B.E., M.B.A.,
Vice-President - VMRF – DU

Message

It gives me immense pleasure and joy to be part of the College day celebrations of Vinayaka Mission's Annapoorana College of Nursing, Salem and the release of their college e - magazine "The Sparkle 2020".

Nursing is a noble profession within the health care sector focused on the care of individuals, families and communities, so they may attain, maintain or recover optimal health and quality of life.

Our endeavor to produce well qualified nurses who can serve our community and nation to the best of their ability is our prime focus to this profession. Apart from professional training, our students get various exposures in extracurricular activities and personal development to lead a successful life.

I wish the faculties, students and all organizing committees including editorial board for the successful release of the college e - magazine "The Sparkle 2020".

With Best Regards,

Mr. J. S. Sathishkumar



THE SPARKLE - 2020



Mr. N.V. Chandrasekar, B.E., (USA)

Vice-President - VMRF – DU

Message

I am very happy to learn that Vinayaka Mission's Annapoorana College of Nursing, Salem is releasing their Annual College e - Magazine "THE SPARKLE 2020".

Nursing is one of the most exciting and in-demand professions of the health sector today. The magazine provides an opportunity for the students to showcase their creations, thoughts and ideas. May this magazine be a guiding factor to enlighten the changing scenario of the nursing practices in the industry.

In this august moment, I confer my hearty welcome to the fresher's and congratulate the Principal, Editorial board and all the members towards their contributions for the success of this magazine.

With Best Wishes

Mr. N.V. Chandrasekar



THE SPARKLE - 2020



Mr. K. Jaganathan

Director – VMRF-DU

Message

I am delighted to know that Vinayaka Mission's Annapoorana College of Nursing, Salem, under Vinayaka Mission's Research Foundation - Deemed to be University has intended to publish Annual day e - Magazine "THE SPARKLE-2020".

The magazine will bring out all indigenous talents, innovative ideas, also exhibits the extracurricular skills of students and faculty.

I take this opportunity to congratulate the glorious efforts of the Principal, Faculty and Students for bringing out the magazine successfully.

My best wishes to the magazine committee. Wish you all success.

With Best Wishes,

K. Jaganathan



THE SPARKLE - 2020



Mr. N. Ramaswamy

Director – VMRF-DU

Message

I am glad to know that Vinayaka Mission's Annapoorana College of Nursing, Salem, is publishing its annual day e - magazine "The Sparkle - 2020".

Nursing is a noble profession that plays a vital role in maintaining the health needs of the society. The services offered by this institution mould our students to dedicate themselves and reach their professional heights in the field of nursing.

The magazine provides a unique opportunity to exhibit the innate talents, where the students and faculty may utilize and express their creations through various genres of writings.

My best wishes to the Principal, Faculty, Students and the Magazine Committee for all their success.

With Best Wishes

Mr. N. Ramaswamy



THE SPARKLE - 2020



Prof. Dr. P.K. Sudhir, B.H.M.S., M.D (Hom).,
Vice - Chancellor– VMRF–DU

Message

I am very happy to note that Vinayaka Mission's Annapoorana College of Nursing, Salem is bringing out its annual day e-magazine "The Sparkle - 2020" showcasing the academic and cultural talents of the students, faculty and staff.

On this occasion, I congratulate the principal, faculty, staff members and students for bringing "The Sparkle - 2020" and convey my good wish and hope that this edition of the magazine would be meaningful and memorable.

With regards,

Prof.Dr.P.K.Sudhir



THE SPARKLE - 2020



Prof. Dr. P.S. Manoharan, M.B.B.S., M.S (Gen).,
Pro – Vice Chancellor– VMRF-DU

Message

I am very glad to offer my well wishing message on the occasion of VMACON, Salem annual day & on the release of SPARKLE 2020e-magazine.

VMACON is a staple of nursing education in this part of the country and the flagship colleges Faculty of Nursing Of VMRE DU In this period of Covid-19 pandemic VMACON students & Alumni globally are exhibiting the "Pan power of Health care team by elevating their levels of commitment, dedication: devotion of highest qualities of care at bedside - an enduring evidence of professional exhibition of embracing his man values.

Our Nurses are an embodiment of inspiration and portraits a strength & veneration.

This day is a special time enjoy the sacrifice weaven profession with pervading pride

- “carpediem”.

With regards,

Prof. Dr. P.S. Manoharan



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Prof. Dr. B. Jaykar, M.Pharm., Ph.d.,
Registrar – VMRF – DU

Message

It gives me immense pleasure to know that the Vinayaka Mission's Annapoorana College of Nursing, Salem is releasing the annual Magazine "THE SPARKLE - 2020".

I would like to congratulate the editorial board for the committed effort towards the successful outcome of the magazine.

Prof. Dr. B. Jaykar



THE SPARKLE - 2020



Prof. Dr. J. Sabarinathan, M.D.S.,
Director (Academics) – VMRF-DU

Message

It gives me great pleasure to pen a few words in this “THE SPARKLE - 2020” released in conjunction with Vinayaka Mission’s Annapoorana College of Nursing Salem.

This magazine is a wonderful initiative to show cases the literary skills of students. Apart from providing intellectual outlet to the students, college magazine also helps in preserving the memories of college days. The Editorial team's passion & foresight for this initiative is commendable.

My congratulations for the Editorial team

Wishing you all the success

Prof. Dr. J. Sabarinathan



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Dr. (Prof.) Roy K. George

National President

Trained Nurses Association of India

Message

I am quite pleased to learn about the forthcoming issue of the college magazine "The Sparkle-2020" being published by Vinayaka Mission's Annapoorana College of Nursing, Salem.

I understand that beginning with intake of 50 Basic B.Sc. (N) students in 1991, over years the VMACON has carved out an enviable stature in the field of nursing education. Much of the credit for bringing name and prestige the institution now carries goes to the vision of management, inputs of faculty who impart necessary knowledge skills to the students, and support of staff.

A college magazine is an excellent medium for students and others to express their thoughts, feelings and experiences. It is at this level that most students lay their foundation for good writing that serves as valuable asset to them in their career.

I believe, true to its name, Sparkle shall continue to bring to fore an insight into the range and scope of the imagination and creativity of students and faculty members.

I appreciate the contribution of students, faculty and others in bringing out this magazine. I also wish all a glorious future.

With all the best wishes

Dr. (Prof.) Roy K. George



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Mrs. Evelyn P. Kannan
Secretary - General
Trained Nurses Association of India

Message

It is a milestone, and a joyous moment for an institute like Vinayaka Mission's Annapoorana College of Nursing, Salem to bring out its Annual Day e-Magazine, The Sparkle-2020.

By virtue of the quality education VMACON has been providing, the pass outs of this great institution occupy esteemed positions in hospitals and other institutions in and outside the country. I urge the students to learn the subject as well the skills from the expert faculty available to you that make quality nursing.

As long as our ideas are expressed and thoughts kindled, we can be sure of learning, as everything begins with an idea. I request students to come up and develop their writing skills that shall highly necessary at workplaces in future.

I wish a bright future for the students, faculty and the other staff members of the College.

With Best Wishes

Mrs. Evelyn P. Kannan

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Dr. C.L. Prabhavathi

Controller of Examinations, VMRF-DU, Salem.

I have great pleasure in conveying my best wishes to the Principal, Staff and Students of VMACON, Salem for releasing the annual e-magazine "The Sparkle -2020" which will be the platform to share and display their ideas and creative talents. I wish all the best for their great success.



Dr. P. Gnanasekar, B.E., M.E., Ph.D.,

Director – IQAC, VMRF-DU, Salem.

I am happy to note that the Vinayaka Mission's Annapoorana Nursing College is coming out with an Annual day e-Magazine in the name and style of Sparkle - 2020.

Truly to its name the Sparkle should capture the sparkling talents of the younger generation that too in times of crisis. This also motivates the students to be participative leaders who would shoulder higher responsibilities in the near future.

I wish the editorial team all the very best.

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**Dr. (Mrs.) V. Selvanayagi, M.Sc. (N), Ph.D. (N),
Principal, VMACON, Salem.**

ANNUAL REPORT 2019 - 2020

It is my privilege to present the Annual Report (2019-20) of Vinayaka Mission's Annapoorana College of Nursing (VMACON) under Vinayaka Mission's Research Foundation – Deemed to be University (VMRF-DU) & Vinayaka Mission's School of Nursing, Salem, under Thavathiru Thirumuruga Kirupananda Varivar Medical Educational and Charitable Trust (TTKVMEC Trust) as a customary institution.

Admission status – 2019 - 2020:

*** B.Sc. (N)**

In the academic year 2019-2020, 28th batch of the B.Sc. Nursing students were admitted with the total strength of 395 students.

*** Diploma in General Nursing & Midwifery (DGNM)**

Twenty Sixth batch of GNM students were admitted during the academic year 2019 - 2020 with the intake of 20 students. At present there are 56 GNM students.

All the programmes are duly recognized by the Tamil Nadu Nursing Council, Chennai and Indian Nursing Council, New Delhi.

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Results: Academic year 2018-2019:

Overall result for B.Sc. (N) shows 82%, whereas the Final year result was 97%. The result of M.Sc. (N) shows 100%.

Faculty:

The institution has adequate faculty members as per the Indian Nursing Council majority are experienced.

Infrastructure facilities:

The institution has adequate class rooms, laboratories, departments, Library and other Facilities which satisfy the requirements of Indian Nursing Council.

Library:

The institution has a separate Library with all the Nursing books of various specialities and National and International journals. Students also access to the Medical college library of Vinayaka Mission's Kirupananda Variyar Medical College, Salem.

Computer facility:

A separate computer lab is available in the college with internet facilities.

Clinical Training:

The institution has its parent hospitals with all modern treatment facilities. Students have the opportunities to undergo general and speciality wise clinical experiences. The institution has also facilities to utilize urban and rural centers for the community health nursing training.

Hostels:

Hostel facilities are available both for the boys and girls separately which have all the facilities including recreation.

Transport:

The institution has adequate transport facilities for students.

Sports:

Institution has facilities for both indoor and outdoor games.

Co-curricular activities:

Journal Club Presentations, Guest Lecture classes and Continuing Nursing Education (CNE) programmes were organized and conducted every month and periodically, by all the departments of the College.

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Continuing Nursing Education Programme

Date	Topic	Resource Person	Department
25.06.2020	Management of High Risk New born	Dr. Sujay Kumar E, MD, Associate Professor, Department of Pediatric, Oxford Medical College Hospital and Research Center, Bangalore	Pediatric Nursing
11.03.2020	Management of patients with Substance use Disorders	Mr. Gunashekar, Co-ordinator, Alcohol Anonymous, Salem	Psychiatric Nursing
28.02.2020	National Rural Health Mission (NRHM)	Mr. S. Selvamuthu, M.Sc. (N)., Nursing Officer, Government Primary Health Centre Nainampatti, Salem,	Community Health Nursing
30.01.2020	Organ Donation, Retrieval and Banking	Mrs.P.Sathya Sudhakar,D.G.O, Sri Ramachandra Medical College Hospital, Chennai.	Medical Surgical Nursing
04.09.2019	Current trends in Midwifery and Obstetrical Nursing	Mrs. R. Nalini, M.Sc. (N), Principal, Kamala College of Nursing, Salem.	Obstetrics & Gynecological Nursing

Webinar Organized

Date	Name of the Programme	Topic	Presenter / Resource Person	Department
26.06.2020	National Webinar	Challenges Faced by People with Substance Use Disorders during COVID - 19 Pandemic	Dr. Deepika C. Khakha, MA(Psych), MSN, Ph.D, Associate Professor, College of Nursing, All India Institute of Medical Sciences, New Delhi	Psychiatric Nursing
24.06.2020	Webinar	Enhancing Women Inner Strength	Dr.A.Jayasudha Principal, PSG College of Nursing, Coimbatore.	Internal Complaints Committee
25.05.2020	Webinar	Code of Conduct In Nursing Profession	Dr. Manju Chhugani, Principal, Faculty of Nursing, Jamid Hamdard, New Delhi	Medical Surgical Nursing

Date	Name of the Programme	Topic	Presenter / Resource Person	Department
07.05.2020	Webinar Series Nursing Perspective in COVID-19	Donning And Putting of PPE	Dr.P.Subasooria, Chief nursing officer, KIMS Alshifa Hospital Malapuram, Kerala	Medical Surgical Nursing
14.05.2020		Challenging foods for nurses, Treating patients with COVID-19	Prof. Josephine Immaculate Nutritionist, psychological counselor, Erode	
23.05.2020		Burnout and healthy practices among administrators	Mrs.Anjali Devi Chief Nursing Educator Neuroscience Centre, AIIMS, New Delhi	
		Burnout and Healthy Practices in NSICUs	Mrs. Sushmita Pasi Nursing Officer OT AIIMS, New Delhi	
		Burnout and Healthy Practices in OT	Mrs. Sree Sumathi Nursing Officer OT AIIMS, New Delhi	
		Burnout and Healthy Practices in COVID OT	Mr. Soukath Ali Nursing Officer OT AIIMS, New Delhi	
19.05.2020	International Webinar Series on Management of High-Risk Pregnancy During COVID' 19"	Bleeding in Early Pregnancy"	Mrs.Nisha Mathew, M.Sc (N), Head Nurse, King Fanad Specialist Hospital, Saudi Arabia,	Obstetrics & Gynaecological Nursing
18.05.2020		Gestational Diabetes Mellitus	Prof. Anu Joy Kutty, Christ College of Nursing, Rajkot, India,	
20.05.2020		Ante Partum Haemorrhage"	Mrs. Mary Jasmine George, RN, M.Sc (N), Head Nurse, Weenee bayko General Hospital, Fort Albany Site, Canada,	
21.05.2020		Ectopic Pregnancy	Prof. Falguni Arunbhai Modi, Principal, AMC MET Nursing College, Ahmedabad	
22.05.2020		Pregnancy Induced Hypertension	Ms.Karishma. P. Shroff , Vice Principal, Sahajan College of Nursing, Zundal Gandhinagar, Ahmedabad	
24.05.2020		Hydraminous and its management" during COVID 19	Prof.Dr.Manjubala Dash, MTPG & RIHS, Puducherry	

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Date	Name of the Programme	Topic	Presenter / Resource Person	Department
16.05.2020	Webinar	Design your Destiny post Disaster Campus Placements post COVID - 19	Dr. Krishnamoorthy, Eminent scholar and Researcher.	Placement Committee
06.05.2020	Webinar	Interdisciplinary research	Dr. B. Ragavendrasamy Assistant Medical Officer Government Hospital Udumalpet	Internal Quality Assurance Cell
01.05.2020	Webinar	Gender Based Violence	Mrs. Ujwala Kadrekar and Mrs. Anju Gulati Advocate	Internal Complaints Committee

NSS Activities:

- **Covid-19 awareness programme** was conducted on 10.04.2020 at Chinnaseeragapadi panchayat various activities were done such as social distances, Hand washing, Mask distribution and created an Awareness regarding cleanliness among workers and people's.
- **National Voters day** pledge on the theme of "**Electoral Literacy for Stronger Democracy**" on 25.01.2020
- **Children's Day** Celebrated on 14.11.2019 at Government Primary School, Chinna Seeragapadi, Salem
- "**Birth Anniversary of Dr.A.P.J. Abdul Kalam**" as youth awakening day on 15.10.2019 was celebrated.
- **NSS Day** was celebrated on 24.09.2019 followed by administration of pledge and conducted various programs such as campus cleaning activities and gardening work
- As per the order of Ministry of youth Affairs & Sports **NSS unit** conducted "**Swachhta Pakhwada**" programme from 01.08.2019 to 15.08.2019 for spreading the message of cleanliness among public through the students.

Red Ribbon Club (RRC) activities:

- ❖ RRC and YRC Volunteers participated in video presentation and attended quiz in the lieu of "World Blood Donors Day" on 14.06.2020.
- ❖ RRC Volunteers visited HIV Centre at Community Centre at Government Hospital, Vembadithalam on 04.03.2020.

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- ❖ RRC Volunteers visited **Blood Bank** at Government Mohan Kumaramangalam Medical College and Hospital, Salem on 27.02.2020.
- ❖ RRC Volunteers visited **ARTC (Anti Retroviral Therapy)** at Government Mohan Kumaramangalam Medical College and Hospital, Salem on 15.02.2020.
- ❖ RRC Volunteers visited **ICTC (Integrated Counselling and Testing Center)** at Government Mohan Kumaramangalam Medical College and Hospital, Salem on 05.02.2020.
- ❖ **"National Youth Day"** on 12.01.2020 created awareness about Government schemes by video presentation and distributing printed Notice to the Public.
- ❖ RRC Volunteers Participated in Rally in lieu of **"World AIDS Day"** on 01.12.2019 at Government Mohan Kumaramangalam Hospital, Salem.
- ❖ RRC Volunteers donated blood in lieu of **"National Voluntary Blood Donation Day"** on 01.10.2019 at Government Mohan Kumaramangalam Hospital, Salem.
- ❖ Peer to Peer Group Education was conducted for RRC volunteers with the theme of **"Transforming Education"** on 12.08.2019 at College Campus, Salem, in lieu of **International Youth Day**

Faculty Skill Development Programme Organized

Department	Date	Topic	Presenter
Community Health Nursing	Insights into Quality Research in nursing		
	01.06.2020	Research Importance of Quality Research in Nursing	Mr. Sanjai Kumar Anandan Professor, Madda Walabu University, College and School of Health Science, Ethiopia
	02.06.2020	Research - Funding opportunities and effective project Proposal writing	Dr. Shashi Mawar, M.Sc., Ph.D., Associate Professor, Department of Community Health Nursing, All India Institute of Medical Science, New Delhi
	03.06.2020	Research Paper Publication in Quality Journal	Dr. Kamlesh Kumari Sharma, M.Sc., Ph.D., Associate Professor, Department of Community Health Nursing, All India Institute of Medical Science, New Delhi
	04.06.2020	Ethical Issues in Selection of Quality Research Statement of Problem	Dr. (Mrs.) Sushma Kumari Saini, M.Sc., Ph.D., Associate Professor, Department of Community Health Nursing, National Institute of Nursing Education (PGIMER), Chandigarh
	05.06.2020	Critical evaluating the quality of a Research article	Dr. Padmakumar S, M.Sc., Ph.D., Vice Principal Parul Institute of Nursing, Parul University, Linda Waghodia, Vadodara

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Department	Date	Topic	Presenter
Obstetrics & Gynaecological Nursing	Development of e-Content		
	01.06.2020	Introduction of E-Content Guide lines of E-Content	Dr. Vinoth Kumar R, M.Tech.(Ph.D.) Professor, Vel Tech R&D Institute of Science and Technology Chennai.
	02.06.2020	Tools for E-Content Development Freeware Open Source Software Proprietary Software	Dr. Vinoth Kumar R, M.Tech. Ph.D.) Professor, Vel Tech R&D Institute of Science and Technology Chennai.
	03.06.2020	Demonstration session of E-content Development	Dr. Vinoth Kumar R, M.Tech. (Ph.D.) Professor, Vel Tech R&D Institute of Science and Technology Chennai.
Obstetrics & Gynaecological Nursing	Partograph		
	13.05.2020	Components of Partograph	Dr.C.Suseela, Ph.D. (N), Principal, Billroth College of Nursing, Chennai,
	14.05.2020	Hands on Training in Partograph	Dr.C.Suseela, Ph.D. (N), Principal, Billroth College of Nursing, Chennai,
Medical Surgical Nursing	24.10.2019	Skill training on Advanced Trauma Care Manikin	Mr. Praveen Kumar, Business Development Associates, Medical Manikins / Simulators, New Delhi.
VMACON, Salem	21.09.2019	Outcomes Based Education	Prof. Dr. S. Maragatham Kannan, M Phil (N)., Ph.D.(N), Professor and Head of the department, Shri Bharani College of Nursing, Salem

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Out Reach Programmes conducted

Name of the Department	Date	Programme	Type of Programme	Venue
Obstetrics & Gynecological Nursing	11.04.2020	Safe Motherhood Day	Health Awareness Programme Essay Writing, poem Writing and Drawing Competition	Online Zoom App
Environmental Committee	16.03.2020	Integrated Parthenium Management	Awareness Programme	Vinayaka Mission's Annapoorana College of Nursing, Salem
Environmental Committee	09.03.2020	Awareness Programme on Corona Virus Infection	Awareness Programme	Vinayaka Mission's Annapoorana College of Nursing, Salem
Obstetrics & Gynecological Nursing	08.03.2020	International Women's Day	Awareness Programme	Vinayaka Mission's Annapoorana College of Nursing, Salem
Community Health Nursing	19.02.2020	Corona Virus Awareness Programme	Awareness Programme	Vinayaka Mission's Annapoorana College of Nursing, Salem
VMACON	18.02.2020	Government Postal Scheme	Awareness Programme	Vinayaka Mission's Annapoorana College of Nursing, Salem
Community Health Nursing	10.02.2020	National Deworming Day	Awareness Programme Demonstration of Hand Washing Technique & Physical Assessment	Government Primary School, Annaikuttaipatty, Vembadithalam, Salem.
Medical Surgical Nursing	04.02.2020	World Cancer Day	Awareness Programme	Sharon Cancer Hospital, Salem
Community Health Nursing	01.12.2019	World Aids Day	Awareness Programme Rally	District collectorate, Salem.
Obstetrics & Gynecological Nursing	15.11.2019	Intercollegiate Quiz	Awareness Programme	VMACON, Auditorium, Salem
Pediatric Nursing				
Medical Surgical Nursing	15.11.2019	World Diabetic Day	Awareness Programme	VMKVMC Hospital, Salem
Psychiatric Nursing	10.10.2019	World Mental Health Day	Awareness Programme Rally	VMACON, Campus to Chinnaseeragapadi, Salem

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Psychiatric Nursing	20.09.2019	World Alzheimer's Day	Social Drama	Nesakkaarangal Old Age home , Yercaud Foot Hills, Kondappanaickanpatti, Salem
Obstetrics & Gynecological Nursing	05.08.2019	Breast Feeding Week - Empower parents enable breast feeding	Awareness Programme	Anganwadi Centre, Maniyanoor, Salem.
Community Health Nursing	03.08.2019	Breast Feeding Week - Empower parents	Video Presentation and demonstration	Anganwadi Centre, Maniyanoor, Salem.
Pediatric Nursing	02.08.2019	Breast Feeding Week - Empower parents enable breast feeding	Awareness Programme	Anganwadi Centre, Maniyanoor, Salem.

Youth Red Cross (YRC) activities:

- Youth Red Cross Committee (YRC) has conducted an awareness campaign on **COVID-19** by educating the techniques of hand washing, wearing mask and social distance to the public in their home town in lieu of “**World Red Cross Day**” celebration.
- YRC and RRC Volunteers participated in video presentation and attended quiz in the lieu of “World Blood Donors Day” on 14.06.2020.

Awards:

- ✓ **Dr. (Mrs.) V. Selvanayagi**, Principal, received the “**Inspirational College Principal of the Year**” from **Global Educational Awards** on 14.12.2019 at Dubai

Celebrations:

- Fitness Pledge on “**Fit India Movement**” was taken by our students on 29.08.2019
- **Induction Ceremony** on 28.08.2019 for I year Nursing students
- **Graduation Ceremony – 2019** was conducted on 24.07.2019 for B.Sc. (N) graduates.

SNA Activities:

- ❖ **International Nurses Day** on 08.05.2020 to 12.05.2020
- ❖ **World Health Day** on 07.04.2020
- ❖ **Annual Cultural Meet “SAARANG”** programme was conducted
- ❖ **Annual Sports Meet** was conducted

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- ❖ **Republic Day** on 26.01.2020
- ❖ **Lamp Lighting** on 07.11.2019
- ❖ **FRESHERS' DAY** on 24.10.2019
- ❖ **Teacher's Day** on 05.09.2019
- ❖ **Independence Day** on 15.08.2019
- ❖ Bharat Ratna **Dr. A.P.J. Abdul Kalam – Death Anniversary** on 27.07.2019
- ❖ **Farewell** function was conducted for the outgoing students on 09.07.2019 for DGNM and B.Sc. (N), respectively

Students Counselling Services: We have facilities of ongoing counselling services for students of school and college of nursing.

Alumni Association:

Annual Alumni Meet – 2019 was conducted on 24.07.2019.

Alumni Newsletter – 2019 was released

A Seminar on “**Waste is wealth – paving towards Eco friendly**” was conducted for the members. Appreciation and honouring of alumni awardees were done. The awardees were Dr. V. Selvanayaki, (M.Sc. (N) 2002-2004 batch), Dr. K. Maheswari, (Ph.D. (N) 2005 to 2010 batch), Dr. P. Walter Jaisingh, (B.Sc. (N) 1995 to 1999 batch), Mr.J.S.Franklin Jino, (B.Sc. (N) 2014 to 2018 batch).

The Principal Dr. V. Selvanayaki was honoured by the alumni of B.Sc. (N) 1995 to 1999 batch for her excellency in mentoring them and shaping them in the nursing profession. Best honorary membership award was given to Dr. P. Walter Jaisingh by the association for his friendly and helpful activities in association.

Various cultural games were conducted and prizes were distributed to the winners. Thoughts and opinion of alumni members were asked and general body meeting was held. Followed the programme executive committee meeting was held and future activities of the association was planned.

Staff Welfare: The Institution has the provision for free accommodation, transport, concession for treatment, deputation and financial support to attend the conferences and present papers for faculty and other staff.

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Acknowledgement:

I, on behalf of the faculty, staff and students of school and college of nursing, Salem, extend felt gratitude to his Excellency Honourable Founder Chancellor, whose blessings are always with us for the success. I am grateful to our Madam Founder Chancellor, Chancellor, Pro Chancellor, Vice Presidents, Directors, Vice Chancellor, Pro Vice Chancellor, Registrar and other members of the trust for their timely support, guidance and encouragement. I owe my sincere thanks to various department of the University for their Contribution. I thank all my teaching and non-teaching staff for their efforts towards the achievements and development of the institution. Lastly, but not the least I am to extend my heart felt thanks to my dear students and their parents for their contribution towards success as without students and their parents cooperation no institution can progress.



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CHIEF EDITOR

Dr. V. Selvanayagi
Principal

EDITOR

Mr. A. Prabhakaran
Tutor

Faculty Member

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Anu Thambi

P. K. Mohammed Mursil

P. Mohan Raj

Editor's Note

The Magazine team of Vinayaka Mission's Annapoorana College of Nursing, Salem, with pleasure brings to you this 18th Annual issue "The Sparkle – 2020" with the heavenly blessings of our honourable Founder Dr. A. Shanmuga Sundaram, VMRF-DU, Salem.

A college e - magazine is like a mirror which reflects the literacy, educational, sports and extracurricular activities of our students. It provides a pulpit for both students and faculty to express their creative thoughts in the form of articles, poems, stories, drawings, jokes, puzzles etc., with enthusiasm.

The editorial board wholeheartedly thank the honourable and vibrant personalities of our VMRF-DU, Salem and other respected authorities for sending their valuable messages. We extend the heartfelt thanks to our respected Principal cum Chief editor Dr. (Mrs.) V. Selvanayagi for her encouragement and continuous support towards publication of this magazine.

Our college e - magazine will inspire and entertain you all with a diverse readership. Also, I may put forth my application and thanks to our editorial team members for their scrupulous, untiring work towards the success of our magazine.

Enjoy reading.....

Editor



GNM I Year



GNM II Year



GNM III Year



B.Sc. Nursing I Year



B.Sc. Nursing II Year



B.Sc. Nursing III Year



B.Sc. Nursing IV Year

The Sparkle – 2020

Essence of Life

*To laugh and love much;
To win the respect of intelligent persons;
And the affection of children;
To earn the appreciation of honest critics;
And odour the betrayal of false friends;
To appreciate beauty;
To find the best in others;
To give off one's self without the;
Slightest thought of returns;
To have accomplished a task, weather;
By a healthy child a rescued soul, a ;
Garden patch or a redeemed social condition;
To have played and laughed with;
Enthusiasm and sung with exaltation;
To know that an even one life has breathed;
Easier because you have lived;*

*This is to have
succeeded.*

Bharti Kumari

I Year B.Sc. (N)

A Dream within a Dream

*Take this kiss upon the brow!
And, in parting from you now,
Thus much let me avow -
You are not wrong, who deem.
That my days have been a dream;
Yet if hope has flown away.
In a night, or in a day,
In a vision, or in none,
Is it therefore the less gone?
All that we see or seen
Is but a dream with a dream.*

Aleena Shaji

I Year B.Sc. (N)

Strong Women

*I fall, I raise
I make mistakes, I learn
I get hurt, I bounce back
I am not perfect, I am human
I have confidence, I have faith
I will continue putting
One foot in front of the other and
Moving forward.....
That is what Strong women do...*

Ms.Parimala Gandhi, B.Sc. (N)
Nursing Tutor,
Dept. of Child Health Nursing



ANY TIME, ANY WHERE

The world is mobile. Mobile learning, also known as m-learning, is a new way to access learning content using mobiles. Mobile learning supports, with the help of mobile devices, continuous access to the learning process. This can be done using devices like your phone, laptop or tablet. You can learn wherever and whenever you want! With the advent of mobile learning educational systems are changing. Therefore, content has to be flexible, responsive and small enough to consume on the go.

What it mean?

***M-learning or mobile learning** is "learning across multiple contexts, through social and content interactions, using personal electronic devices". As a form of distance education, m-learners use mobile device educational technology at their convenient time.*

Devices used

Handheld computers, mp3 players, notebooks, mobile phones and tablets. M-learning focuses on the mobility of the learner, interacting with portable technologies.

Evidence

A recent study on health professions education combined evidence from 29 studies, which included 3175 learners, and concluded that m-Learning is as effective as traditional learning in terms of improving learner's knowledge and skill. The study highlights that m-Learning is a novel educational strategy that is rapidly developing in the field of health professions education

Value

Teachers who have used m-learning programs and techniques have made the following value statements in favor of m-learning.

- It is important to bring new technology into the classroom.*
- Devices used are more lightweight than books and PCs.*
- Mobile learning can be used to diversify the types of learning activities students partake in (or a blended learning approach).*
- Mobile learning supports the learning process rather than being integral to it.*
- Mobile learning can be a useful add-on tool for students with special needs. However, for SMS and MMS this might be dependent on the students' specific disabilities or difficulties involved.*
- Mobile learning can be used as a 'hook' to re-engage disaffected youth.*
- M-Learning can be designed to combine decision making in complex learning scenarios with formative scoring and assessment.*

Characterization

- It can get access to information and educational experience faster than other media.*
- It is supported by portable devices; its mobility makes it easy to use.*
- Comparing to other methods of learning, the cost of M-learning is relatively low.*
- Exchange of information can be encrypted or private.*
- It is easy to access all kinds of information.*

Growth

Mobile learning is widely used in schools, workplaces, cities and rural areas around the world. In comparison to traditional classroom pedagogical approaches, mobile learning allows widened opportunities for timing, location, accessibility and context of learning.

Benefits

- **Convenient:** Information is easily accessible and not limited to any one place or time
- **Engaging:** Content interactions can be personalized to facilitate motivation and engagement
- **Collaborative:** Learners can communicate through online communities, such as forums and chats
- **Bite-size:** Smaller content and digestible chunks of information help prevent cognitive overload
- **Accessible:** The classroom is everywhere and modern workforce is dispersed, allowing for a wider reach
- **Cost Effective:** Existing content can be leveraged and reused
- **Wherever and whenever:** It's possible to lay in bed and watch a lecture or complete a survey whenever you want.
- **Different types of content:** You can add videos, audio files, and images with mobile learning. Videos make it possible to make learning livelier and more interesting.
- **Long distance is not a problem:** Learners from different places, it's still possible to view the same content and take the same tests! This is one of the main benefits of mobile learning.

Challenges

- Technical- Connectivity, Screen size and key size
- Reworking existing E-Learning materials for mobile platforms
- Cost on investment
- Work/life balance
- Frequent changes in device models/technologies/functionality etc.
- No restriction on learning timetable
- Personal and private information and content
- No demographic boundary
- Disruption of students' personal and academic lives
- Risk of distraction
- Mobile usage habits among different countries and regions

Conclusion

As a community, we need to educate the next generation and produce excellent inventors, scientist, engineers, and entrepreneurs. So it was found out that the value of mobile learning is that it allows employees, students, and common people to communicate, collaborate and develop new ideas using sound digital resources.

Dr.S.Lakshmi Prabha,
H.O.D / Associate Professor,
Dept of Medical Surgical Nursing

The Sparkle – 2020

I am

*I am the wind in the trees
And the song of a bird
I am moonbeams in a midnight sky
And a glorious rainbow after the storm
I am morning dew
And freshly-fallen snow
I am a butterfly flying overhead
And a puppy happily at play
I am gentle touch
A warm embrace
Open your heart to know..... I am not gone
Reach deep into your soul.....you will find me
I am here
Have no fear, I am with you
Always.*

Arya. S

I Year B.Sc. (N)



Stopping by Woods on a Snowy Evening

- ROBERT FR



*Whose woods these are I think I know.
His house is in the village though;
He will not see me stopping here
To watch his woods fill up with snow.
My little horse must think it queer
To stop without a farmhouse near
Between the woods and frozen lake
The darkest evening of the year.
He gives his harness bells a shake
To ask if there is some mistake.
The only other sound's the sweep
Of easy wind and downy flake.
The woods are lovely, dark and deep,
But I have promises to keep,
And miles to go before I sleep,
And miles to go before I sleep.*

Alma Roshna

I Year B.Sc. (N)

GOD IS MY SHELTER

(ONLY GOD)

*GOD is my Shelter and my Strength
In Him I find my peace and rest,
Without Him, I have no Life,
He put me always on the right path!*

*GOD, how am thirsty for your help,
You know me better, than anyone else,
My heart has been revealed to you,
You are the only One and True!*

*When HE forgives my sins I know,
I seek HIS Joy and comfort though,
And the decisions that I make,
Are based on HIM and HIM alone!*

Mrs. D. Deepavathi,
Nursing Tutor



Pragathi. S
I Year B.Sc. (N)



D.Sabitha
II Year B.Sc. (N)

The Sparkle – 2020

I am sorry

*With eyes wide open
A new life hope
I just realize it was no surprise
My heart is broken you got me open
It will heal in time I will be just fine
I'm getting stronger, I'm hurt no longer
My choice is right now
I'll take it somehow
My life is better it doesn't matter
Because I feel so free you're a memory
I will love again because I have a plan
I'll find a girl that's right by the end of the night
I'm getting stronger, I'm hurt no longer.*

Delisha Roy
I Year B.Sc. (N)



K.Vijayalakshmi
III Year B.Sc. (N)

THE NATURAL

*When television came to my house,
I forgot how to read books
When the car came to my doorstep,
I forgot how to walk
When I got the mobile in my hand,
I forget how to write letters
When the computer came to my house,
I forgot spellings.
When the Ac came to my house,
I Stopped going under the tree for a
guest of cool air.
When I stayed in the city,
I forget the smell of mud.
By dealing with banks and cards,
I forgot the value of money
With the Smell of perfume,
I forgot the fragrance of fresh flowers
With the coming of fast food,
I forgot to cook a traditional Meal.
And when I got Whatsapp,
I forgot how to talk.*



Mrs.M.Sathyakala M.Sc. (N)
Assistant Professor,
Dept. of Child Health Nursing

The Sparkle – 2020

Miracle- Subconscious Work

- ❖ *Subconscious mind controls all the vital process of your body and knows the answer to cell problems*
- ❖ *Prior to sleep turn over a specific request to your sub conscious mind and see the miracle - working power*
- ❖ *Whatever you impress on your subconscious mind is expressed on the screen of space as conditions, experiences, and events. Therefore you should carefully Watch all ideas and thoughts entertained in your Conscious mind*
- ❖ *The law of action and reaction is universal. Watch your thoughts*
- ❖ *If you dwell on obstacles, delays and difficulties - your subconscious mind responds accordingly, and you are blousing your own good.*
- ❖ *The life principle will flow through you rhythmically and harmoniously if you consciously affirm:
"I believe that the subconscious power, which gave me this desire, is now fulfilling it through me"*
- ❖ *You can interfere with the normal rhythm of your heart, lungs and other organs by worry, anxiety and fear.*
- ❖ *Keep your conscious mind busy with the expectation of the best and subconscious will faithfully reproduce your habitual thinking*
- ❖ *Imagine the happy ending or solution to your problem feel the thrill of accomplishment and what you imagine and feel will be accepted by your subconscious mind and bring it to pass.*

Mr.K. Balasubramanian

Assistant Professor,
Dept. of Mental Health Nursing

Tips for Mind Maturity

1. *Correcting ourselves without trying to correcting others*
2. *Accepting others with their short comings*
3. *Understanding the opinions of others ' from their perspectives*
4. *Learning to leave what are to - be avoided.*
5. *Leaving expectations from others.*
6. *Doing whatever we do with peace of mind*
7. *Avoiding the states that others should accept our actions.*
8. *Avoiding to prove our intelligence on others*
9. *Avoiding comparisons & ourselves with other.*
10. *Trying to keep our peace is our mind without worrying for anything*
11. *Understanding the difference between basic needs and what we want.*
12. *Reaching the status that happiness is not connected with material things*

Live our life and Love our life.

Mrs.K.R.Prabha

Lecturer,
Dept. of Mental Health Nursing

The Sparkle – 2020

CREATING A PRESENT AS SPLENDID

What is present?

Present is like a thing it is nothing

Actually present tells about something

And future tells about everything.

And the world is filled with all these aspects.

Many people in this world are filled with good thoughts and many with bad. Each and every one's life is filled with genial feelings.

The present is a gift to all the six Sensed humans, and what you want deserve in the present, you deserve it. Because you cannot gain the deserved thing or the deserved happening in future.

The present is like a Swinging Pendulum; its work is just to Swing, it does not stop until it is halted, so we Should try to utilize the present

How to Create the Present as Splendid?

Never try to make your present as a hypothesis, because always our answer in the present must be exact and correct.

The present is one of the happiest one and we should learn to Perceive about our past and also about our future to make our present meaningful.

So, before acting with your present you just have a past preplans and ideas and then you try to implement it.

Don't defer decisions, be quick, but don't rush and become reckless;

Be fast, but don't be fussy.

Too much analysis leads to paralysis

Be perfect, but don't be a perfectionist

Be smart while doing your works

Be happy & have a good bonding with all.

Know how to use your brain towards your goal.

Be Casual and act like a sword's tip.

Act with constant striving to surpass yourself and to be worthy

“NOTHING SPLENDID WAS EVER CREATED in COLD BLOOD. HEAT IS REQUIRED TO FORGE ANYTHING EVERY GREAT ACCOMPLISHMENT IS THE STORY OF A FLAMING HEART”

So.....

We must

Own our thoughts;

Make our decisions;

Own our choices;

Move on with our plan.



Dr.M.Sumathi, Ph.D. (N),
Associate Professor,
Dept. of Medical Surgical
Nursing

Learning Disorders as a Major Cause...?

"He would be the smartest lad in the whole school, if instruction were entirely oral"

- Teacher

Learning disorders (LD) are hidden handicap - neurological handicaps due to developmental deficits in the child's brain, present from birth which hinders a child's academic performance.

Mr. 'X' a Smart lad of class v is an outstanding participant in all the extracurricular activities in the school. He is a hero among his classmates. His teacher appreciates him for his leadership qualities. He always has most of the answers to oral questions. He very hesitant to read, he reads slowly makes innumerable Spelling mistakes in Writing and cannot Organize his answers teachers and parents are upset about his declining grades.

There are thousands of children like Mr. "X" who intrigues us - they are smart in everything except Studies. 10-1 of all School children suffer from LD. Boys are affected 3 times more than girls.

Possible causes in the child for poor school performance.

- ✓ *Physical cause - -- vision/hearing*
- ✓ *Delayed milestone - low IQ*
- ✓ *Specific delays of academic skills – LD*
- ✓ *Inattentive, hyperactive – ADHD*
- ✓ *Emotional & conduct disorder – Anxiety depression*

Many famous personalities had LD. Eg Thomas Alva Edison, Albert Einstein, Leonardo & Winston Churchill is highly successful personalities

Moral: -

"If I can't learn the way you teach, will you teach me the way I can learn"

- Underachiever (LD Child)

Don't beat your child

Don't scold Your Child

They are buds of flowers.

Dr.K.Maheswari, Ph.D. (N),
Vice Principal,
VMACON, Salem.

CORONA VIRUS (COVID-19)



Introduction:

Corona virus is found in avian and mammalian species. They resemble each other in morphology and chemical structure. For example, the corona virus of humans and cattle are antigenically related. The human corona viruses can be transmitted by animal's humans they are only proved to cause mild upper respiratory infections, common cold on rare occasion, with outbreaks of diarrhea in children, but these enteric viruses are not well characterized.

Definition:

Corona virus disease is an infection disease caused by a new virus that had not been previously identified in human.

The virus causes respiratory illness with symptoms such as cough, fever and in more severe cases, pneumonia you can protect yourself by washing your hands frequently and avoiding touching your face.

Risk Factors:

- *Recent travel from or residence in an area with ongoing spread of COVID-19 as determined by WHO.*
- *Close contact with someone such as when a family member or health care worker takes care of an infected person.*

Pathophysiology:

It infects many species of animal including humans, causing acute and chronic disease.

This review focuses primarily on pathogenesis of corona virus mouse hepatitis virus (MHV) and

- ❖ *Severe acute respiratory corona virus.*
- ❖ *The pathogenesis in several organ systems, including the central nervous system, liver and lungs.*
- ❖ *The study of chronic demyelinating diseases such as multiple sclerosis.*
- ❖ *We also review the functions of corona virus proteins, structural, enzymatic and accessory.*
- ❖ *Many of them have enzymatic or protein processing in addition to functions in antagonizing host response.*

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Clinical Manifestation:

Corona virus invades the respiratory tract via the nose after incubation period of about 3 days. The main symptoms,

- Common cold
- Inducing nasal obstruction
- Sneezing
- Running nose and occasionally cough
 - There is some evidence that the respiratory corona virus can causes disease of the lower airway but it is unlikely that this is due to direct invasion.
 - People who are older or have existing medical conditions, such as heart disease
 - Similar to other respiratory illness, such as influenza.

Lab Test

- **Swab Test:** Use a special swab to take a sample from your nose or throat.
- **Nasal Aspirate:** A health care provider will inject a saline solution into your nose, and then remove the sample with gentle suction.
- **Tracheal Aspirate:** A health care provider will put a thin, lighted tube called a bronchoscope down your mouth and into your lungs, where a sample will be collected.
- **Sputum Test:** Sputum is thick mucus that is coughed up from the lungs a special swab may be used to take a sample from your nose.

Prevention:

- You can infect yourself with germs by touching your eyes, nose, or mouth
- To protect yourself, wash your hands often with soap and water for at least 20 seconds
- Although there is no vaccine available to prevent infection with the new corona virus
- Wash your hands after with soap and water or use an alcohol – based hand sanitizer
- Over your mouth and nose with you elbow or tissues when you cough or sneeze
- Avoid touching your eyes, nose and mouth if your hands aren't clean
- Avoid close contact with anyone
- Avoid sharing dishes, glasses, bleeding and other household items
- Avoid eating raw or undercooked meat or animal organ.

Treatment:

There is no specific medicine to prevent or treat corona virus disease

Self Care

If you have mild symptoms, stay at home until you've recovered.

- Rest and sleep
- Keep warm and drink plenty of liquids
- Use a room humidifies or take a hot shower to help ease a sore throat and cough

Dr.S. Parimala,
HOD / Professor,
Dept. of OBG

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A-Z Community Health Nursing



ASHA	- Accredited social health activist
BCG	- Bacillus Calmette - Guerin
CBR	- Community Based Rehabilitation
DOTS	- Directly observed treatment, short-course
ESI	- Employees' State Insurance
FRU's	- First Referral Unit (PHC)
GNRR	- Gross Net reproductive rate.
HIS	- Health Information System
ILR	- Ice Lined Refrigerator
JSY	- Janani Suraksha Yojana
KFD	- Kyasanur forest disease
LHV	- Lady Health Visitor
MMR	- Measles, Mumps and Rubella
NRHM	- National Rural Health Mission
ORS	- Oral Rehydration Solution
PHC	- Primary Health Care
QP	- Quarantine Period
RCH	- Reproductive and Child Health
SHP	- School Health Program
TORCH	- Toxoplasmosis, Rubella Cytomegalovirus, Herpes Simplex and HIV
UHM	- Urban Health Mission
VVM	- Vaccine Vial Monitor
WCD	- Women and
XDR	- Extensively Drug-Resistant TB
YF	- Yellow Fever
ZP	- Zila Parishad

Mrs. U.Palaniyammal
Assistant Professor
Dept. of Community Health

Reduce stress at work: Be happy

1. Positive relationships

=> Don't use your Smartphone when you have free time.

=> Engage with co-workers

=> Make friends from different departments these relationships should be both personal professional.

2. Eat Nutritious and healthy foods

=> Eat this

* Food high in fiber like fruit and green leafy vegetables

* Chocolate, green tea, milk fortified, cashew nut and blue berries.

=> Avoid this

* Food high in fat like cheese and red meat.

* Caffeinated drinks like coffee and soda.

* Nicotine and alcohol.

3. Start exercising

=> Make friendly competition-weekly

=> Wellness challenge

=> Take waking meetings.

4. Priorities and organize

=> Clarify goals

=> Set deadlines

=> Make a to-do-list

=> Use your calendar

5. Sleep well

=> Daily eight hours sleep at night

=> Don't use your Smartphone before 1 hour going to sleep

=> Avoid sleeping in on weekends.

6. Kick your bad habits

=> Stay and think positive

=> Resist perfection

Mr. A.Prabhakaran
Nursing Tutor
Dept. of Community
Health Nursing

FACULTY WELFARE / WOMEN EMPOWERMENT



STUDENT NURSES ASSOCIATION



INTERNAL QUALITY ASSURANCE CELL



DISCIPLINARY COMMITTEE



HOSTEL COMMITTEE



NATIONAL SERVICE SCHEME AND YOUTH RED CROSS COMMITTEE



ENVIRONMENTAL COMMITTEE



CULTURAL COMMITTEE



INTERNAL COMPLAINT COMMITTEE



ANTI-RAGGING COMMITTEE



PLACEMENT COMMITTEE



STUDENT WELFARE / STUDENT GRIEVANCE COMMITTEE



INSTITUTION INNOVATION CELL



CNE & RESEARCH CELL



SPORTS COMMITTEE



EDITORIAL BOARD



LIBRARY COMMITTEE



COUSELLING COMMITTEE



CURRICULUM COMMITTEE



WEBSITE COMMITTEE



ALUMNI EXECUTIVE MEMBERS



HEALTH COMMITTEE



TWIN 2 EIFFEL

"வெற்றிக்கோன்"

வீறு கொண்டு பல கேள்வி கொண்டு,
விடை தேடி செல்கிறது ஓர் மனமே!
உம் தேகம் கொண்டு பல தடையை வென்று
வெற்றி மாலை தூடும் உந்தன் போர்க்குணமே!
நீர் செல்வீர் ஐயா ! நீர் செல்வீர் ஐயா !! (வீறு கொண்டு.....

பாதையெல்லாம் உமக்கு பறைசாற்றும்... பஞ்சபூதமெல்லாம் உமக்கு செவி சாய்க்கும்....
காற்று கயிறு கொண்டு கவர்ந்திழுக்கும்- உம்மை கணிசமாக அது கலைக்க செய்யும்....
உம்மை தாங்க ஆசைப்பட்டு, நிலமோ நிதானம் அற்றுப்போகும்...
வானம் உம்மை வருட நினைக்கும்....
வருபவர் எவரோ! வியந்து பார்க்கும்.. (வீறு கொண்டு...

வர்ணிக்க வேண்டுமோ உம்மைப் பற்றி.,
வர்ணனை அற்றவன் ஆகிறேன் கண்ணைப் பொற்றி....
திகைத்துப் போனோம், தேசம் சுற்றி, ,,
சொல்ல வேண்டும் உம் வெற்றி பற்றி...
வந்து நின்றது உம்மிடம் கையைக் கட்டி...
நீரே வெற்றியின் செல்லக்குட்டி.- உம்மால் கல்வி பார்த்தது பல பட்டித்தொட்டி....

பாலையும் பல்லிளிக்கும்,. உம்மை பகலவன் என்றே,...
பச்சை சோலையும் கண்ணடிக்கும் உம்மைக் காதலன் என்றே....
கல்வியே உம் புரட்சிகளில் ஒன்றோ!
அது உச்சத்தை தொட்ட தினம் இன்றோ!
அனுபவத்தை ஆசைப்படும் அலட்டாத மானிடனே.,
தீ கொழுந்து விட்டு எரியும் வரலாற்று நாயகனே (வீறு கொண்டு...

ஆயுதம் ஐந்தடி ஆட்கொள்ளும்- உம் அறிவு அதனைக் கடந்து செல்லும்..
வியப்போ வியந்து நிற்கும்.. உம் பாதையைக் கண்டல்ல.,
அதனைக் கடக்கும் உம் மனவலிமையைக் கண்டு....
அடர்ந்த காட்டில் இருள் சூழ்ந்திடுமே., ஒற்றைத் தீக்குச்சி அதனைக் கிழித்தெறிந்திடுமே...
இவர் தீக்குச்சி அல்லவே., தீப்பிழம்பாயிற்றே... (வீறு கொண்டு...

தாயின் பாய்ச்சலை குட்டியின் பாய்ச்சல் மீறவே செய்கிறது-
பதினாறு அல்ல., பல ஆயிரம் என்று நன்றாய் புரிகிறது (வீறு கொண்டு...
நீர் வெற்றியைத் தேடுவது வெற்றிக்கு தெரிந்திருந்தால்-
பாவம் அது உம்மை தேடுவதை என்றோ நிறுத்தி இருக்கும்.....!!! (வீறு கொண்டு. . .)

The Sparkle – 2020

மரம்

பச்சிளம் வர்ணத்தில்
பரவிக் கிடக்கும் இலைகள்
காண்பவர் விழிகளில்
பசுமையை பரப்பிடும் அழகு!..

வளைந்து நெளிந்து செல்லும்
கிளைகள்
வாழ்வின் தத்துவ வழியை
எடுத்துக் கூறும் அழகு!....

உதிரும் இலைகள் கூட
உன்னிடம் கதைகள் பேசும்!
துளிரும் துளிர் கூட
உன்னிடம் கவிப்பாடும்!

நீண்ட நேரம் நிழல் தரும்
குணம் கொண்ட மனம்!
வானில் இருக்கும் மழைத்துளி கூட
உன் சம்மதம் பெற்று தரைசேரும்
உன்னைக் கடக்கும் அனல் காற்றும்
தென்றல் காற்றாய் மாறிவிடும்!...

என்னை வெட்ட நினைக்கும்
மனிதப்பிறவிகளே
என்ன வெட்டினால் ஆபத்து
எனக்கில்லை உங்களுக்கு....

அனைவரும்
மரம் வளர்ப்போம்! மழைபெறுவோம்!

ஆசிரியர்கள்

அன்னைப் போன்று
அக்கறை காட்டிடும் தேவதைகள்!
தந்தை போன்று
கண்டித்து நடத்தும் காப்பாளர்கள்!
அன்பை ஊட்டி

அக்கறை காட்டும் அன்பாளர்கள்!
தீயதை அகற்றி
நல்லவை புகட்டும் பகுத்தறிவாளர்கள்!
தன் துயர் மறந்து
நான் மேலே உயர
உழைக்கும் படிக்கட்டுகள்!

ஏணியாய் நின்று
தம்மை ஏற்றிவிட்டு ரசிக்கும்... ரசிகர்கள்!
உன்னால் முடியும், உன்னால் முடியும் என
ஊக்கம் அளிக்கும் நட்பாளர்கள்!
மாத, பிதா, குரு, தெய்வம் இவர்களை
ஒரே உருவத்தில் காண்கிறோம்
ஆசான்களாக!

இறுதியில் நம்மை உயர்த்தி
நம் உயரத்தை பார்த்து ரசித்து பெருமிதம்
கொள்ளும்...

ஆசிரியர்களுக்கு தலை வணங்குகிறேன்!
என்றும் என் ஆசிரியர்களின்....
மாணவியாக!....

Mrs. K. Parasakthi
Nursing Tutor
Dept. of Community Health
Nursing

The Sparkle – 2020

தெய்வம் (அ) அப்பா

தெய்வம் உள்ளார் உலகத்திலே
அவர் ஒருவர் அல்ல
வீட்டிற்கு ஒரு தெய்வமாய் உள்ளார்
உலகத்திலே!

மதத்தினை தாண்டியது மனிதர்
குலத்தினிலே
இனத்தை வென்றது இவ்வுலகினிலே!
கலங்கி நிற்கும் போது காணும்
கற்சிலை அல்ல அவர் ஒன்றும்!

கண்ணைத் துடைத்து காட்சித்தரும்
எந்தன் தெய்வம் தந்தை அவரே!
தெய்வம் உள்ளார் உலகத்திலே
கண் கண்ட தெய்வம் தந்தை அவரே!...

K.Vijayalakshmi
III Year B.Sc. (N)

இரத்த தானம் செய்வோம்! மனித உயிரை காப்போம்!

சுகாதார வாழ்வுக்கு தேவை சுத்தம்
மனித உயிர் வாழ தேவை இரத்தம்
உலகம் வாழ யுத்தம் விடு - மனித
உயிர்கள் வாழ இரத்தம் கொடு...

“இரும்புச் சத்தும், கொழும்பையும்
சீராக்கும் இரத்த தானம் “...

ஒவ்வொரு முறையும் தானமாகக்
கொடுக்கப்படும் இரத்தம் மூலம்
மூன்று பேரைக் காப்பாற்ற முடியும்...

Mr.M. Vikram
Nursing Tutor
Dept. of Medical Surgical Nursing

இலக்கு

பந்தயக் குதிரையின் இலக்கு
வெற்றி எல்லை மட்டுமே!...
பந்தயக்குதிரை ஓடுகின்றபோது
ஓடுதளம் அருகிலுள்ள புல்லையோ
கொள்ளையோ பார்க்காது ஏனென்றால்
அது தன் இலக்கை மட்டுமே மனதில்
கொண்டு ஓடுகின்றது

Ms.R. Sharmila
Nursing Tutor
Dept. of Medical Surgical Nursing



G. Sheela
II Year B.Sc. (N)

The Sparkle – 2020

மூன்றெழுத்து

“அம்மா” மூன்றெழுத்து “அப்பா”
“மூன்றெழுத்து!”
“தம்பி” மூன்றெழுத்து “தங்கை”
“மூன்றெழுத்து!”
“அக்கா” மூன்றெழுத்து “அண்ணி”
மூன்றெழுத்து!
“மகன்” மூன்றெழுத்து “மகள்”
மூன்றெழுத்து!
“காதலி” மூன்றெழுத்து “மனைவி”
மூன்றெழுத்து!
“மாமன்” மூன்றெழுத்து “அத்தை”
மூன்றெழுத்து!
“தாத்தா” மூன்றெழுத்து “பாட்டி”
மூன்றெழுத்து!
“பேரன்” மூன்றெழுத்து “பேத்தி”
மூன்றெழுத்து!
இவை அனைத்தும் அடங்கிய “உறவு”
மூன்றெழுத்து...
உறவில் மேம்பாட்டு “பாசம்”
மூன்றெழுத்து!
பாசத்தில் விளையும் “அன்பு”
மூன்றெழுத்து!
“நட்பு”... என்ற மூன்றெழுத்தில்
இவை அனைத்தையும் இணைந்து படித்த
அனைவருக்கும் “நன்றி” என்பதும்
மூன்றெழுத்து!...
இவை அனைத்தும் அடங்கிய
“தமிழ்” “உம்” மூன்றெழுத்து!.....

Mrs.A. Thenmozhi
Nursing Tutor
Dept. of OBG

சுகாதாரம்

தனிமனித சுத்தமதை தவிராமல்
செய்திடு
மணியான தூய்மையால் மண்ணுலகை
மாற்றிடு
நாட்டையே நலமாக்க நல்லதை
விதைத்திடு...
சுத்தமிலா இடத்தோறும் சுகாதாரம்
பெருக்கிடு
வீட்டுக்கொரு கழிப்பறை வேண்டுமென
கட்டிடு
காட்டின் மர வளங்களை கண்டிப்பாய்
காத்திடு...
விசும்பின் நீர் துளியாலே வேளாண்மை
செய்திடு
இல்லாமல் இல்லாமல் ஏழ்மையை
ஒழித்திடு...
சுற்றுப்புற தூய்மையை சுகமாக்கி
வைத்திடு
பெற்றிடும் விழிப்பாலே பிணிகளை
தடுத்திடு
மருத்துவ முழுமையால் மக்களைக்
காத்திடு
ஊட்டங்கள் நிறைவான உணவையே
உண்டிடு
இயற்கை உறவோடு இசைவாக
வாழ்ந்திடு
உயரும் சுகத்தாலே உலகையே
மாற்றிடு!...

Mr.R. Elango
Nursing Tutor
Dept. of Mental Health

COMMUNITY ACTIVITIES



ALUMNI



LAMP LIGHTING CEREMONY



SNA ACTIVITIES



FSDP PROGRAMME



CNE PROGRAMME





Celebrations





Celebrations





NSS, YRC & RRC Activities





NSS, YRC & RRC Activities





ANNUAL DAY





SPORTS MEET





CULTURALS



24 ml)

एक आदमी का सफलता उसके आका और वैश्व में निर्भर नहीं होती है। जब कि उसके सफलता लक्ष्य में निर्भर होता है।

- मेहता
- लाल
- दुआ
- बाल
- आनंदिवर
- विकास
- मंगल
- शक्ति
- शक्ति
- भद्रा
- अर्जुन

दशलिङ्ग, हम लोग कर सकते हैं;
और एक दिन करेंगे।

E. Anusiya
II Year B.Sc. (N)

mgns mgns

മലയാളി അന്ധർക്ക് ചിന്താശക്തിയുണ്ട്
നമ്മുടെ നാട്ടിലെ കോലാപിഡം
ചിന്താശക്തി പുറപ്പെടുവിക്കുന്ന കൗതുകകരമായ
പ്രശ്നം സ്ത്രീകളിൽ ഉണ്ടാകുന്നു. അതിനാൽ
നാട്ടിനെക്കുറിച്ചും ജീവിതത്തെക്കുറിച്ചും
മലയാളിയുടെയും കുടുംബത്തിന്റെയും
മലയാള നാടിന്റെ മുഖമുദ്രയായി
ചിന്താശക്തിയെക്കുറിച്ച് ചിന്താശക്തിയെക്കുറിച്ച്
ചിന്താശക്തി മുഖമുദ്രയെന്നു പറയാം. അതിനാൽ
കേരളത്തിൽ വാങ്ങിയ ചിന്താശക്തിയെക്കുറിച്ച്
കേരളത്തിൽ വാങ്ങുന്ന നാഷണലിസത്തിന്
അർത്ഥം, അർത്ഥം, വർദ്ധിച്ച് മലയാളി
പ്രകടനമെന്നെന്നു നോക്കി വെച്ചുകൊണ്ട്
മലയാളി നാഷണൽ മലയാള നാടിന്റെ നാഷണൽ
പ്രകടനമെന്ന നിലയിൽ ചിന്താശക്തിയെക്കുറിച്ച്
മലയാളി?

Neenu N.R
I Year B.Sc. (N)

ഭൂമിയിൽ...

ഭൂമിയിൽ മുതിലാൻ നീ

വന്ദിക്കാൻ നോക്കി നിൽക്കാൻ

സംസാരിക്കാൻ താഴെ നിൽക്കാനിരിക്കാൻ

നിന്റുടെ പ്രാർത്ഥന വന്ദിക്കാൻ

ഭൂമിയിൽ മുതിലാൻ വെറും മുതലാൽ

നീക്കത്തിൽ ഭൂമിയിൽ നിൽക്കാനിരിക്കാൻ

നിന്റ നാശം ഭൂമിയിൽ വെറും മുതലാൽ

മുതലാൽ, നിന്റ നാശം ഭൂമിയിൽ വെറും മുതലാൽ.

മുതലാൽ നിന്റ നാശം ഭൂമിയിൽ

പ്രേമത്തിൽ ഇടിയും, നോക്കി നിൽക്കാൻ

നിന്റ സൗഹൃദത്തോട് ചേർന്നിരിക്കാൻ

മുതലാൽ നിന്റ നാശം ഭൂമിയിൽ

മുതലാൽ നിന്റ നാശം ഭൂമിയിൽ

മുതലാൽ നിന്റ നാശം ഭൂമിയിൽ

മുതലാൽ നിന്റ നാശം ഭൂമിയിൽ

മുതലാൽ നിന്റ നാശം ഭൂമിയിൽ

മുതലാൽ നിന്റ നാശം ഭൂമിയിൽ

മുതലാൽ നിന്റ നാശം ഭൂമിയിൽ

Bini Sara Thomas

I Year B.Sc. (N)

ഭൂമിയിൽ...

കരയുന്ന ഭൂമിയിൽ

തൂങ്ങിക്കിടക്കുന്ന

മനുഷ്യൻ

പോന്ന ഭൂമിയിൽ

നീക്കം ഭൂമിയിൽ

ഭൂമിയിൽ

ഭൂമിയിൽ

ഭൂമിയിൽ

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ഭൂമിയിൽ

ഭൂമിയിൽ



Anu Mary Biju

I Year B.Sc. (N)

കടലിനോട്.....

ആദരത്തിനായി ഭവിക്കുകയെന്ന കടലേ
 പടരൂ തുടർച്ചയായിത്തന്നെ നിന്ന
 മനസ്സിൽ വ്യസനമിരുന്നപ്പോൾ
 കേൾക്കൂ അന്ന് നിന്നിരിക്കിലേയ്ക്കാണ്
 സ്വർഗ്ഗത്തിൽ സൗന്ദര്യവർമ്മിതയ്ക്കു നി
 ജ്ജ്വലപ്രവഹത്തിന്റെ കാവലായ ചിത്രമെന്നു നീ
 നോക്കുന്ന മനസ്സിന്റെ നിശ്ചിതമായ നീ
 കേൾക്കുന്ന ചുറ്റുമുതലിനെയൊന്നാണു നീ
 ഉപയോഗിക്കാൻ അതിന്റെ മനസ്സിന്റെ
 വാശിയെടുത്തു നിന്നിരിക്കുക നീ സമീപ
 ചിലിക്കുന്നതിൽ വിടർത്തുന്ന വെളിച്ചമെങ്കിലും
 ഉളിയിട്ടുണ്ടിട്ടുണ്ടാകുമെന്നു അന്ന്.
 യൗവന മേന്മയായ അനുഭവത്തിനൊന്നാളിൽ
 ഏതു ചിന്താശക്തിയിൽ സന്നിഹിതമായിട്ടു നീ
 അല്ലെങ്കിൽ വിശ്വസിക്കുന്ന അശ്വവിന്ദനത്തു
 അടുത്തു കേൾക്കൂ നീക്കുന്നതല്ല നീ
 മീനൻ വെട്ടാലയത്തിലേക്കു കേൾക്കുകയെന്ന
 കൂടിക്കൂടിയ്ക്കൂ ആശ്ചര്യമേറിയപ്പോൾ

അനവധിമാനം ഏതു മീനങ്ങൾക്കായി
 ചിരിയെന്നാൽ നമ്മൾ നൽകുന്ന വെളിച്ചം
 ഏതെങ്കിലും നല്ലതായിട്ടു നിന്നു നീക്കം
 ചിരിയെന്നാൽ നമ്മൾക്കിടയിൽ വെളിച്ചം
 'അവിടെ' എങ്കിലും ഏതു അനുഭവം
 നൽകുന്നതിൽ നിന്ന ഏതു മൂലകമായി
 ആദരത്തിനായി ഭവിക്കുകയെന്ന കടലേ
 പടരൂ തുടർച്ചയായിത്തന്നെ നിന്ന.

Rosemol P.B

I Year B.Sc. (N)

പൂവ്

പൂവേ പൂവേ മൊഴിയല്ല
 പൂക്കൾക്കു മുമ്പു വിളിച്ചാൽ പൊക്കല്ല
 പൂവിൽ പൂക്കു മുമ്പിൽ മൊഴി പൊഴിയല്ല
 മിന്നുന്ന നീ പൊഴിയല്ല - (പൂവേ)
 പൂക്കു മുമ്പിൽ പൂക്കൾക്കു പൂവിനുള്ള മേക്കല്ല
 മൂന്നു മുമ്പിൽ പൂക്കൾക്കു പൂവിനുള്ള മേക്കല്ല (പൂവേ)
 പൂവിൽ പൂക്കൾക്കു പൂവിൽ മേക്കല്ല
 പൂവിൽ പ്രകാശം പൊക്കല്ല...
 മിന്നുന്ന പൂവിൽ പ്രകാശം പൊക്കല്ല
 മൂന്നു പൂക്കൾക്കു മുമ്പിൽ പൂവിൽ (പൂവേ...)
 മിന്നുന്ന മൂന്നു മുമ്പിൽ മേക്കല്ല...
 മിന്നുന്ന മൂന്നു മുമ്പിൽ - മേക്കല്ല (പൂവേ)

Dona Saji

I Year B.Sc. (N)

The Sparkle – 2020

അമ്മയും കുഞ്ഞുമുണ്ട്.

മുല്ലൻ കാലത്തുകൾ

തണുത്ത നവംബറോടെ

നിശ്ചയിക്കുന്നതും,

ശബ്ദം അലഞ്ഞു

കുളിർത്തൊട്ടുകൊലയെന്ന്

മുഖം നന്നുത്തതിന്

സ്വർണ്ണത്താഴ്ത്തലും ചെൽ

എന്തിനെന്നുതന്നെ ചുരുക്കിയിട്ടുണ്ട്

കുളിർത്തൊട്ടുകൊ

നിന്ന് പിഞ്ചു കാലടി തൊൻ

അമ്മയും കുഞ്ഞുമുണ്ട്

അമ്മയെപ്പറ്റി കിളിത്തൊട്ടെ

എന്ന് കാത്തിൽ

മുഴുത്തൊട്ടുകൊൾ, നിരീഞ്ഞു

തൊൻ എന്തിന് നിശ്ചയം

തൊട്ടുകൊളിത്തൊട്ടുകൊ

തൊട്ടുകൊളിത്തൊട്ടുകൊ

തൊട്ടുകൊളിത്തൊട്ടുകൊ

എന്ന് ചോദിക്കുന്നതൊട്ടുകൊ

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E. Anusiya

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