



# ECHOS

## Catalyst

Together we accelerate change



**VINAYAKA MISSIONS RESEARCH FOUNDATION**

**DEEMED TO BE UNIVERSITY**

**SALEM, TAMILNADU**

**PSYCHIATRIC NURSING Newsletter**  
**VINAYAKA MISSION'S ANNAPOORANA COLLEGE**  
**OF NURSING, SALEM**

2016

***FROM THE HEAD OF THE INSTITUTION...***



DR.V.SELVANAYAGI

I am very happy that Department of Psychiatric Nursing is releasing a first news letter “ **Echos -2016**”. I hope that this News letter will be an important, educative and bring out the hidden talents of the faculty and students to know more

***FROM THE HEAD OF THE DEPARTMENT.....***



MRS.R.NAGANAN

Greeting from the Department of Psychiatric Nursing, Vinayaka Mission's Annapoorana College of Nursing, Salem! The faculty members of Department of Psychiatric nursing are pleased and proud to welcome you to 2017 and share news 2016 from our department. The department observes significant days like World Mental Health Day. The department organized National Workshop on

***What's Inside...***

- **Students Desk**
- **Awareness programme**
- **Staff development programmme**
- **Research activities**

**VINAYAKA MISSION'S ANNAPOORANA COLLEGE OF  
NURSING, SALEM.  
DEPARTMENT OF PSYCHIATRIC (MENTAL HEALTH) NURSING**

**VISION**

Our vision is to become a premier provider in mental health nursing education of international repute and emerge as a department that is recognized for promoting excellent in Education, Service, Research and Leadership with commitment to the core values of our discipline.

**MISSION**

- Provide competent and proficient nursing education to the students.
- Update with recent advances and keep up global standards of mental health nursing practice.
- Provide excellence in mental health nursing research which includes high quality publications and competitive external grants.

**OBJECTIVES**

- Motivate the students to practice their knowledge to become an efficient professional mental health nurse.
- Develop skills and attitudes to carryout comprehensive nursing care for mentally ill persons and psychological aspects of client with physical disorders.
- Carryout research activities in the areas of mental health /illness in clinical and community settings.
- Provide holistic care to Clients with various psychiatric disorders by using recent techniques.
- To appreciate evidence based nursing practice and narrow down

## Students Desk



Nursing students from III year BSc(Nursing) has attended field visit training on 20.09.2016 at missionaries of oldage home , Alagapuram, Salem. It was good experience for nursing students which they have assessed health status of the elderly in that institution. Students were

Nursing students from III year BSc(Nursing) has attended field visit training on 08.10.2016 at Anbu illam, Home for Mentally challenged children, Kondalampatti, Salem. Students were taught about cognitive and abstract thinking skills and followed by there were played with the mentally challenged children and encouraged them to participate to promote their



Ms.A. Adinithya & Ms M. Uma Maheshwari BSc Nursing 4<sup>th</sup> year, Vinayaka Mission's Annapoorana College of Nursing, Salem, has participated in the **State Level Psychiatry Quiz - 2016 (PSY -Q 16)** on 05-11-2016 which was organized by Athma Hospitals and





An awareness programme was conducted on 20.08.2016 in lieu of International Anti Drug Abuse Day regarding "III Effects of Drug Abuse" which was projected in the form of Power point and Video presentation for School students based on the theme "**Listen First**" at Government Higher Secondary School,

### *GET INVOLVED*



by health education regarding care of persons with memory problems were given for elderly people on 21. 09. 2016 at Missionaries of charity old age home, Alagapuram, Salem, in lieu of World Alzheimer's

Awareness campaign by "Mental Health Assessment and Counselling" for Mentally Challenged Children on 14.10.2016 at MR Home, Anbu Illam, Salem, based on the theme "Psychological First



## Staff Development Programme

*ORGANIZED*

*INTEGRATING NATION IN OUR WORKSHOPS*







## BRILLIANT CNEs

Continuing Nursing Education Programme as Seminar on "Trends in mental health care" on 09.03.2016. A. Rahimabi, M.B.B.S., DPM , Senior Resident, and Dr. R. Kannapan, Associate Professor & Clinical Psychologist ,Department of Psychiatry , VMKV Medical College Hospital, Salem. delivered a lecture



Continuing Nursing Education Programme as Seminar on "Mental Health issues among Women" on 15.10.2016. Dr. Rahimabi, MBBS, DPM, Senior Resident, Department of Psychiatry, Vinayaka Mission's Kirupanandavariar Medical College and (Hospital, Salem, delivered a lecture in details about mental health problems of women during adolescent, pregnancy, labour, puerperium and menopausal period.

**FSDP ON ASSERTIVE TRAINING**



Faculty skill Development Program regarding "Assertive Training" on 20.10.2016. Dr.S.Mohanavenkatachalapathy, M.B.B.S., DPM, Consultant Psychiatrist & Medical Director, Manoraksha Mental Health Centre. Salem has delivered

**ENRICHMENT LECTURES**

Guest Lecture organized on 28.09.2016. The speaker was Dr.Lakshmi Dorai, M.B.B.S., MD (Psy) Assistant professor, Department of Psychiatry, Vinayaka Mission's Kirupanantha Variyar Medical College & Hospital Salem. Given lecture on " Adverse Effects of Psychiatric Drugs on Chronic Mentally Ill Patients" III





## JOURNAL CLUBS



Mr. Naiju.M.Punnoose, Tutor, presented a journal article on **"Jerusalem Syndrome"** on 27.02.2016 and **"Compulsive**



Mrs. R. Naganandini, M.Sc. (N), HOD & Asso. Professor, presented a journal article on **"EMDR Therapy"** on 06.09.2016



Ms. N. Brintha, Tutor, presented a journal article on **"Restless Leg Syndrome"** on 19.10.2016.



Mr.K.Balasubramanian, Assistant Professor, presented a journal article on **"Sleep**

## FACULTY ENRICHMENT

- Mrs. R.Naganandini, Associate Professor, has attended
  - International patient safety congress 2016 on 21<sup>st</sup> & 22<sup>nd</sup> October 2016 at Apollo hospitals, Chennai
  - CNE workshop on “Human Relations and communication skills” from 18<sup>th</sup> to 24<sup>th</sup> August 2016 organized by The Tamilnadu Nurses & Midwives Council, Chennai
  - Organizer in national workshop on “Mental Health and Crisis Management” on 10<sup>th</sup> June.2016 at Vinayaka Mission’s Annapoorana College of Nursing, Salem
- Mr.K. Balasubramanian, Assistant professor, has attended CNE on Revised GNM syllabus on 24<sup>th</sup> & 25<sup>th</sup> February 2016 organized by The Tamilnadu Nurses & Midwives Council, Chennai.
- Mrs. R.Naganandini, Associate Professor, and Mr. Naiju.M.Punnoose, Tutor , has attended as delegate in national workshop on “Mental Health and Crisis Management” on 10<sup>th</sup> June 2016 and national seminar on “Recent Technologies in Nursing Practice” on 19<sup>th</sup> March 2016 at Vinayaka Mission’s Annapoorana College of Nursing, Salem.

## Research Activities

Department of psychiatric nursing completed a research project on “a study to assess the knowledge on prevention of conduct problems among school teachers in selected schools Salem, Tamilnadu”

Mrs. R.Naganandini, HOD & Associate Professor , has published a research article on “Effectiveness of Structured Teaching Programme regarding selected adolescent behavioural problems and its management” in international Journal of Pediatric Nursing (TJPRC:IJPN), June 2016,

## TIME TO HONOUR

Mrs. R.Naganandini, HOD & Associate Professor , as editorial board member in International Journal of Neurology, Neurosurgery & Psychiatry.

## WORK TOGETHER

SL.N O	FACULTY NAME	POSITION	COMMITTEE
1	Mrs. R.Naganandini	Advisor	Student Nurses Association
		Coordinator	Youth Red Cross
		Member	Counselling cell
			Students grievance cell
			Research & CNE cell
			Library committee
			Website committee
			Mentoring committee
2	Mr. Naiju. M.Punnoose	Member	Counselling cell
			Alumni association
			Sports committee
			Anti ragging committee
3.	Mr.K. Balasubramanian	Member	Counselling cell
			Sports committee

**Thank you to all for your support.....**

**Further details , Contact: email;**  
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