



VINAYAKA MISSION'S
ANNAPOORANA
COLLEGE OF NURSING



VINAYAKA MISSION'S
RESEARCH FOUNDATION
(Deemed to be University under section 3 of the UGC Act 1956)

VINAYAKA MISSION'S ANNAPOORANA COLLEGE OF NURSING

A constituent college of
Vinayaka Mission's Research Foundation (Deemed to be University), Salem.

THE RIGHT MENTOR.....



DEEDS OF CHN.....

NEWS LETTER

COMMUNITY HEALTH NURSING-2022-2023



PREVENTIVE CARE



HOME VISITING



OCCUPATIONAL HEALTH



FAMILY HEALTH SERVICES



REHABILITATION



ENVIRONMENTAL HYGIENE



SCHOOL HEALTH



MCH SERVICES



MENTAL HEALTH

The department caters to the needs of the students who specializing in Community Health Nursing offer diverse learning experience. It includes preventive, therapeutic, and rehabilitative actions and helps to promote physical and emotional well being, as well as provide guidance.

“Preventive education and care to families and society”



Prof. Dr. Mrs. K. Maheswari Ph.D. (N),

Principal

“One, whose actions inspire others to dream more, learn more, do more and become more”

EMINENT STARS OF COHN

| | |
|----------------------------------|---------------------------------|
| Prof. Dr. Mrs. S. Malathi | - Head of the Department |
| Mrs. U. Palaniyammal | - Assistant Professor |
| Mr. A. Prabhakaran | - Assistant Professor |
| Mrs. K. Parasakthi | - Assistant Professor |
| Mrs. Vaidhegi | - Tutor |
| Mrs. R. Sakthi | - Tutor |

Editor's Desk



Dear Readers....

Once again, it is an immense pleasure to release the **"Deeds of COHN 2022-2023"** issue. It also highlights the events, activities and achievements of community health nursing department. I do hope that the newsletter is an interesting read.

I would like to take this opportunity to express my gratitude to our principal who has supported and guided for doing this newsletter.

Also, I thank my department Faculty involved in finishing the newsletter.

Thank you,

Prof. Dr. S. Malathi

H.O.D.,

Department of Community Health Nursing,

VMACON,

VMFR-DU, Salem.

POST GRADUATE FACULTIES



Prof. Dr. Mrs. S. Malathi



Dr. Mrs. U. Palaniyammal



Mr. A. Prabhakaran

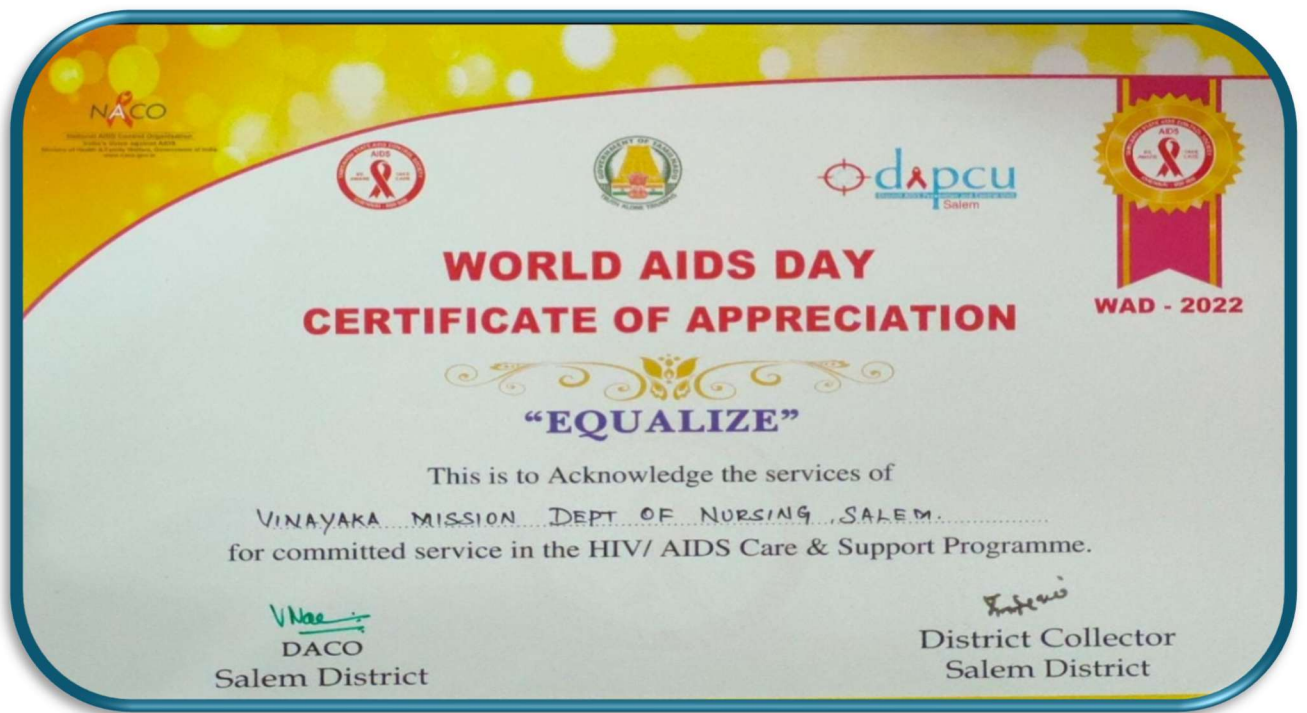


Mrs. K. Parasakthi

Events of the year

- | | |
|-----------------|---|
| July | – Journal club presentation |
| August | – World Breast Feeding Week –Nutritional exhibition, Guest lecture |
| October | – Continuing Nursing Education |
| December | – World AIDS Day (Dump show) and Journal Club Presentation |
| January | – Journal club presentation |
| February | – National deworming day, Observational visit, continuing nursing Education |
| April | – Dairy farm visit, Water Purification and Sewage Visit |
| June | – Guest lecture |

ACHIEVEMENTS



Certificate of Appreciation for **WORLD AIDS DAY- 2023 from
District Aids Prevention and control unit Salem District for
committed service in the HIV/ AIDS Care and Support
Programme**

VARIOUS POSITIONS HELD BY THE FACULTY

Prof.Dr.Mrs.S.Malathi

- University Research committee –member (VMRF-DU)
- BOS member (VMRF-DU)
- Research co-ordinator
- Academic Committee member (VMRF-DU)
- IQAC member
- Innovation cell co-ordinator
- Anti ragging committee squad and member
- Continuing nursing education committee member
- Disciplinary committee member
- Class committee member
- Hostel committee member
- Admission committee member
- Website upgrading committee member
- Curriculum committee member
- Faculty empowerment committee member

Dr. Mrs. U. Palaniyammal

- UBA Co-ordinator
- YRC Co-ordinator
- Alumni association- Secretary
- Internal complaints committee member
- Environmental committee member
- Health committee member
- Research committee member

Mr. A. Prabhakaran

- Alumni association- Treasurer
- Sports committee member

Mrs.K. Parasakthi

- NSS Programme officer
- RRC Co-Ordinator

Research Publication

Dr.S. Malathi, HOD & Professor

- A pilot study to assess the effectiveness of coping strategies on quality of life among staff nurses working in selected hospitals
- Assess the quality of life of staff nurses working in selected hospitals, Tamilnadu
- A pilot study to assess the effectiveness of MET (motivational enhancement therapy) on coping among nurses working in selected hospital
- Effectiveness of lecture cum demonstration on knowledge regarding active management of third stage of labour among b.sc nursing iv year students

Dr. U. Palaniyammal, Assistant Professor

- Impact of iron supplementation on anxiety of women with iron deficiency anemia
- Impact of iron supplementation on sexual dysfunction of women with iron deficiency anemia

Mr. A. Prabhakaran, Assistant Professor

- A Pilot study to assess the effectiveness of educational interventional programme on disaster preparedness and management among residents in disaster prone areas.
- Knowledge on disaster among residents in Mador village, Kattumannarkoil.

ENRICHING THE STUDENT'S KNOWLEDGE



Guest Lecture: Department of Community Health Nursing, Vinayaka Mission's Annapoorana College of Nursing, Salem, organized a Guest Lecture regarding “**School Health Services**” on 22.06.2023. Guest Speaker was Dr. Mrs. Hemavathi P, Associate Professor, PIMS College of Nursing, Pondicherry. She explained about the school health service, aim, objectives, goal, need, principles, components, roles and responsibilities of school health nurse. Session was very much interactive and informative to all the participants.



Date: 25.08.2022

Guest lecture on "Saathiya (Peer Education)" was organized by Department of Community Health Nursing, the guest speaker was Mrs. Sathya Priya, M.Sc. (N), Professor, Dhanalakshmi Srinivasan College of Nursing, Perambalur. **Outcome:** She highlighted Saathiya resources kit, Mobile app and Rashtriya Kishor Swasthya Karyakram Programme. All Faculty members and 87 students gained knowledge and clarified their doubts.



Date: 25.02.2023

Continuing Nursing Education programme on, **"FOOD BORNE DISEASES"**. The Resource Persons were Mrs.Kavitha, Principal, Babuji College of Nursing, Shimoga, Karnataka, Dr.U.Palaniyammal, Assistant Professor and Mr.A.Prabhakaran, Assistant Professor, VMACON, Salem. The programme highlighted regarding Food borne diseases - Typhoid, diarrhoea, Bacillary dysentery, Gastroenteritis and Hepatitis A. Around 100 students participated in the Program.



Faculty Skill Development Programme:

Department of Community Health Nursing, organized a Faculty Skill Development Programme on **"Vaccination - Training and Education"** on 27.10.2022. The Guest Speaker Dr.S.Sakthivel, MBBS, Block Medical Officer, Veerapandi, Salem, demonstrated vaccine storage, administration, vaccine vial monitoring and explained about the newer vaccines. Session was very much interactive and informative to all the participants.

UPDATING THE KNOWLEDGE



Date: 23.01.2023

Presenter: Mr.S. Vaidhegi, Tutor

Department of Community Health Nursing, Vinayaka Mission's Annapoorana College of Nursing, Salem, organized a journal club presentation on “**Amaurosis Fugax**” is a condition in which a person cannot see out of one or both eyes due to a lack of blood flow to the eye(s). Other names for amaurosis fugax are transient monocular blindness, transient monocular visual loss or temporary visual loss.

Date: 27.07.2022

Presenter: Mrs. U. Palaniyammal, M.Sc. (N), Assistant professor

Department of Community Health Nursing, Vinayaka Mission's Annapoorana College of Nursing, Salem, organized a journal club presentation on “**Sukanya Yojana**”. It is a government backed small savings scheme for the benefit of girl child. It is a part of the Beti Bachao, Beti Padhao Yojana and can be opened by the parents of a girl child below the age of 10 years. It can be opened at designated banks or post offices.



SERVICES RENDERED TO THE COMMUNITY

OUT REACH PROGRAMME

Date: 10.02.2023

Department of Community Health Nursing organized An Awareness campaign through physical assessment and video presentation regarding preventive measures of worm infestation in lieu of **National Deworming Day** at Panchayat Union Middle School, Veerapondi, Salem. Around 100 students benefited in this program



An Awareness Campaign was organised in the eve of **"WORLD AIDS DAY"** on 01,12,2022 by District Tuberculosis Unit, at District Collectorate, Salem. Our Nursing students 150 were participated in Rally with face painting regarding prevention of AIDS. Rally is inaugurated by Dr. Menaka., District Revenue Officer, Salem.





Department of Community Health Nursing, Vinayaka Mission's Annapoorana College of Nursing, Salem, Organized **"Medical Camp"** with the co-ordination of VMKVMC & Hospital, Salem from 29-01-2023 to 19-02-2023 at sevapettai town panchayat, Salem. Our B.Sc.(N) IV-year Students (98 Nos) were participated enthusiastically.



WORLD BREAST FEEDING WEEK – 2022 (01.08.2022 to 07.08.2022)

Theme: Step up for Breastfeeding: Educate and Support:

Antenatal Diet Exhibition, Flash mob and Speech was organized by Department of Community Health Nursing & National Service Scheme on 01.08.2022 at VMKVMCH, Rural Health Centre, S.Paparapatti, on the eve of **"World Breast Feeding Week - 2022"**, Dr.K.Maheswari Ph.D. (N), Principal, VMACON, VMRF-DU, Salem inaugurated the programme.

DAIRY FARM VISIT



As a part of curriculum our II - year B.Sc. Nursing (96) students visited Aavin dairy farm along with our faculty members on 06.04.2023. During the visit the section engineer given orientation about dairy farm and live demonstration about the process, steps in milk pasteurization, storage and distribution of pasteurized milk.



WATER PURIFICATION VISIT



Date: 28.04.2023

As an educational visit students (98) visited Mettur Corporation **Water Purification plant**. The Mettur corporation commissioner gave orientation about water purification plant, and explained about the process and steps of large-scale water purification plant.



100% of students got result in **Community Health Nursing-II** and 97% result in **Community Health Nursing-I** by our special coaching and question-based teaching.

HEALTH TIPS

10 TIPS FOR HEALTHY EATING

THEINDIANSPOT.COM

- 1** Consume home cooked food more often
- 2** Eat only as per your requirements
- 3** Eat at regular intervals
- 4** Munch on healthy snacks
- 5** Eat when hungry
- 6** Consume whole grains more often
- 7** Eat more protein
- 8** Eat fish for Omega source
- 9** Include healthy fats in your diet
- 10** Eat variety of veggies



