



### OPENING MESSAGE

Dear Friends,

I am immensely happy to felicitate all you through this issue of '**BEATS-7**'. I would like to applaud and appreciate all those in the department of Medical Surgical Nursing, who rendered their hard work and full cooperation for the successful activities and celebrations of the academic year 2022-2023. Above all, I would like to congratulate and thank all our staff – teaching, nonteaching and students for their commitment in preparing and presenting our college worthily during 2022-2023.

We cannot escape changes. We change. We see changes all around us, in our institution and in the society, we live in. The question really is whether we are instrumental for good changes for a better life. Let us buckle up and start preparing for the next academic year with full vigor and enthusiasm.

I wish you all success and happiness



Dear Readers,

It is indeed a great honor to be the Newsletter Editor for the "**BEATS-7**" and it is an immense pleasure to launch this **SEVENTH** issue for the academic year 2022-2023.

In this issue, we will recount and rewind the various programmes and activities in which our department members were actively involved since July 2022 June 2023. Over the past twelve months, we learned much about the opportunities and challenges that lie ahead of us as an institution. Furthermore, our department of Medical Surgical Nursing which is well known for the hard work, dedication and innovative skills and especially for the students.

A huge thank you to all the persons who contributed in all the activities and inspiring work during this academic year, without which there wouldn't have been this newsletter issue.

My prayerful wishes to our department for great success and laudable achievements.



## Journal Club Presentation

### Hey It's Informative!

Department of Medical Surgical Nursing, organized a Journal Club Presentation on "H3N2 Influenza" on 24.4.2023. The topic was presented by Ms.L.Mithuja. H3N2 influenza is also called as Hong Kong flu, a type of influenza A virus which is extremely contagious. This can be prevented and controlled by practicing good personal hygiene, avoid overcrowding, drinking plenty of fluids, stay hydrated and following doctors treatment and prescription



H3M6+P4H, Salem, Tamil Nadu 636308, India  
Latitude 11.58483825° Longitude 78.06056905°  
Local 03:33:13 PM Altitude 268 meters  
GMT 10:03:13 AM Monday, 24.04.2023  
Note : VMA college of Nursing



H3M6+P4H, Salem, Tamil Nadu 636308, India  
Latitude 11.58485665° Longitude 78.06058305°  
Local 03:30:25 PM Altitude 268 meters  
GMT 10:00:25 AM Monday, 24.04.2023  
Note : VMA college of Nursing

**"Have more than you show  
Speak less than you know".**

– William Shakespeare

## ANNUAL CALENDER (2023-2024)

Date	Programme
15.09.2023	JCP
29.09.2023	World Heart Day
07.10.2023	GL
14.11.2023	World Diabetic Day
24.01.2024	CNE
04.02.2024	World Cancer Day
30.03.2024	GL
20.04.2024	JCP

## Guest Lecture

Mrs. Anjali Devi, CNE Coordinator, AIIMS, Delhi was a guest lecturer regarding Unconsciousness and Its Management on 06.04.2023. Guest Speaker covered the areas such as causes, signs, Assessment & Treatment measures such as first aid, CPR, emergency medications and nursing care in critical care unit. Around 90 students participated and gained knowledge regarding Unconsciousness.



H3M6+Q96, Chinnasiragapadi, Tamil Nadu 636308, India  
Latitude 11.58493148° Longitude 78.06092944°  
Local 03:57:48 PM Altitude 266 meters  
GMT 10:27:48 AM Thursday, 06.04.2023  
Note : VMA college of Nursing



### Students Corner

#### Proud of You!!!

Our BSc (N) II-year students got 100% result in August 2022 University Examinations.



Our BSc (N) 1<sup>st</sup> year students got 97% result in Sem-I February 2023 University Examinations.

### World Cancer Day

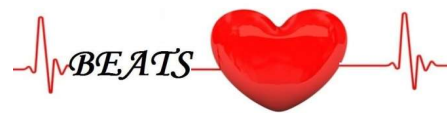


#### Creating Awareness!

The Department of Medical Surgical Nursing has organised an Awareness Programme on World cancer Day at VMKVMCH & SHARON CANCER INSTITUTE, Salem based on the theme, "Closing the Care Gap" on 4.2.2023. Students were presented the Warning Signs, Treatment Aspects, Preventive Measures and Breast Self-Examination with Posters and Videos and performed mime show about "Effects of Cancer- Instilling hope" based on the theme.

*"Good Books Don't give up all their secrets at once."  
– Stephen King*





## World Diabetic Day



Vinayaka Medical College, Salem, Tamil Nadu 636308, India  
Latitude 11.5854861° Longitude 78.0614487°  
Local 02:29:48 PM Altitude 11.05 meters  
GMT 08:59:48 AM Monday, 14.11.2022



Vinayaka Medical College, Salem, Tamil Nadu 636308, India  
Latitude 11.5854861° Longitude 78.0614487°  
Local 02:01:20 PM Altitude 11.05 meters  
GMT 08:31:20 AM Monday, 14.11.2022

Department of Medical Surgical Nursing has conducted Intercollegiate Poster Competition on eve of World Diabetic Day on 14.11.2022. Around 150 students have participated from various colleges. A team of Judges from different disciplines Dr.R.Shanmugasundaram, M.D, General Medicine, VMKVMCH, Dr. Janani, Assistant Professor, M.D, General Medicine, VMHMCH and Mrs. Poovizhi, Nursing Superintendent, VMKVMCH were decided the prizes and the programme was presided over by Dr.K.Maheswari Ph.D (N), Principal, VMACON, Salem. Faculty members and around 150 students were benefited.

**“A difference which makes no difference is no difference at all.”**

**– William James**

## Continue Nursing Education

### Knowledge is Power!

On 24.01.2023, Continuing Nursing Education programme was organised on “Recent Treatment techniques for Hearing Disorders” by Ms. L. Mithuja, Tutor dealt about Introduction to Hearing, Anatomy and Physiology of Ear and Hearing Disorders. The Guest Speaker Dr.S.Shivakumar, M.B.B.S, M.S (ENT), Professor cum HOD, Department of ENT, VMKVMCH, Salem, discussed about Recent treatment measures. Another Resource person Mrs. S. Geetha Kumari, Tutor dealt with Nursing management of Hearing Disorders. 100 students were attended the programme.



H3M6+Q96, Chinnasiragapadi, Tamil Nadu 636308, India

Latitude 11.5849145°

Longitude 78.0610117°

Local 11:40:02 AM  
GMT 06:10:02 AM

Altitude 11.05 meters  
Tuesday, 24.01.2023

Note : VMACON, Salem



### Guest Lecture



Department of Medical Surgical Nursing has conducted Guest Lecture on 17.10.2022 regarding Cardiac Emergencies. Guest Lecture took by Prof. Sumathi Gopinath, Principal, Dr.Ambedkar Institute of Medical Science, Rourkela, Odissa. Guest Speaker covered the areas such as various diseases coming under cardiac emergencies and its management. The students were actively participated in the guest lecture and asked many doubts, guest speaker explained accordingly. Faculty members and around 90 students participated in guest lecture and gained knowledge regarding cardiac emergencies.

### World Hand Washing Day



H3M6+Q96, Chinnasiragapadi, Tamil Nadu 636308, India

Latitude	Longitude
11.58501551°	78.06129468°
Local 03:43:24 PM	Altitude 11.05 meters
GMT 10:13:24 AM	Saturday, 15.10.2022



The Department of Medical Surgical Nursing has organised Handwashing Awareness Video in due of World Handwashing Day on October 15, 2022. An awareness video is regarding the steps of handwashing and its importance. The video was shared in social media in order to promote awareness. Around 120 students were participated and gained knowledge regarding handwashing.

### World Heart Day





Interesting.....

The Department of Medical Surgical Nursing has organised an awareness 'Flash Mob' programme for Prevention and Management of CVD in Salem junction on 29.09.2022 in lieu of "World Heart Day". Chief guest was Mrs. Maya Pithambaram, Deputy Station Manager, Commercial, Southern Railway, Salem, along with Mr. Selvaraj, Station Manager Commercial, Mr. Ayyavu, Deputy Station Manager, Mr. Sakthivel, Commercial Inspector, Mr. Gopal, Assistant SI, Southern Railway, Salem Dr.K.Maheswari, principal, VMACON, participated in the program. The students performed flash mob to spread awareness about prevention against CAD based on the theme. The students also carried placards and banners to create awareness of heart disease prevention.



Journal Club Presentation



On 15.09.2022, Department of Medical Surgical Nursing has organised Journal Club Presentation on "Monkeypox" by Mrs.S.Sathya, Tutor, VMACON. Causes, mode of transmission, symptoms, Diagnostic Evaluation and treatment measures and management regarding "Monkeypox" were well explained and doubts were clarified.



## Researcher corner

### Publications

- Dr. S. Lakshmi Prabha has published an article, "Prevalence and elements associated with stress and Anxiety among Breast Cancer Survivors" in Mukta Shabd Journal with an Impact factor 4.6 on May 2023.
- Dr. S. Lakshmi Prabha has published an article, "Effectiveness of Training Programme on Motor Skills among Intellectually Challenged Children in Selected Rehabilitation Centers in Coimbatore in Eur. Chem. Bull. 2023.
- Dr. S. Lakshmi Prabha has published an article, "Assess the basic skills among intellectually challenged children" in Mukta Shabd Journal with an Impact factor 4.6 on May 2023.
- Mrs. R. Indhumathi has published an article, "effectiveness of yogic eye exercises on headache among patients with Myopia" in Mukta Shabd Journal with an Impact factor 4.6 on May 2023.

## SOME INTERESTING FACTS ABOUT HEART

Your heart beats over 100,000 times per day.

Your heart pumps about 1.5 gallons of blood every minute. Over the course of a day, that adds up to over 2,000 gallons.

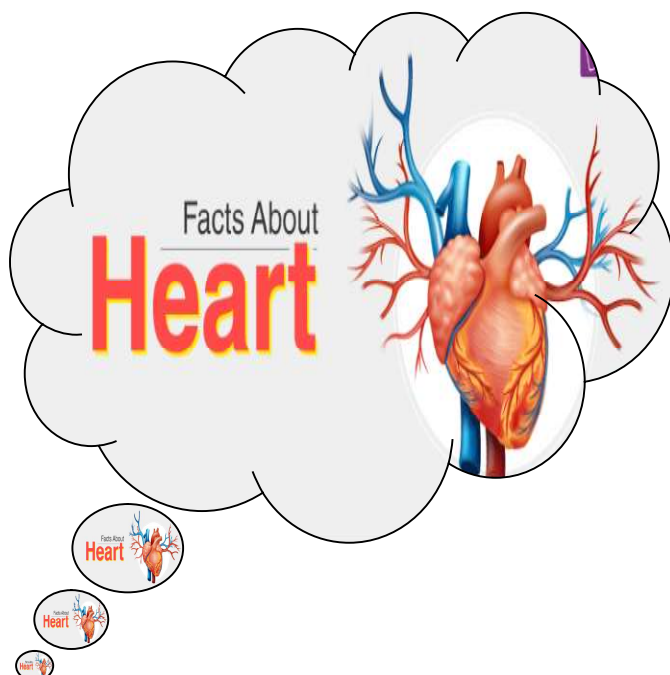
There are 60,000 miles of blood vessels in your body. That's enough to go around the world twice.

The average heartbeat of a woman is about 8 beats a minute faster than a man's heartbeat.

Every cell in the human body gets blood from the heart except for the cornea.

More heart attacks happen on a Monday than any other day of the week.

An adult heart is about the size of two hands clasped together. A child's heart is about the size of a fist.





**Achievements of faculty**



*Dr. S. Lakshmiprabha got Kalvi  
Sevagar Viruthu by Kurinji  
Kabilar Tamil Sangam*

*Mrs. R. Indhumathi got Kalvi  
Sevagar Viruthu by Kurinji  
Kabilar Tamil Sangam*



*Dr. S. Lakshmi Prabha went as  
resource person for state level  
Seminar in Sri Shanmuga College of  
Nursing, Salem.*





### **WE'RE ON THE WEB!**

<https://vmaconslm.edu.in>

Don't forget to checkout our recently updated website to find information on our undergraduate program, postgraduate program, Faculty, Labs, Continuous nursing education programs and Celebrations.

### **We want to hear from you!**

Students and Alumini: What is going on in your lives now? Have any opinions or suggestions for future issues, please let us

### **CONTACT US**

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Chinnaseeragapadi, Salem.