

As per the instructions from the Vicar and Management all the institutions under the auspices of MTCP were provided with opportunities to exhibit cultural programme at Mar Basil Convention Centre. On 2nd October, stalls were allotted for teaching and non teaching staff of MBCN for distributing 'Perunnal Kanji' for the devotees.

REPORT ON SCREENING PROGRAMME -28.10.23

As a part of NSS activity screening programme was held on 28.10.2023 at Pulikunnathumalayil Anganwadi from 10 am to 1 pm. Our 6 NSS volunteers got an opportunity to be a part of the programme. Peoples were come and checked their blood sugar, blood pressure and BMI. Out of 20 peoples 6, of them have hypertension, 2 of them have hypotension and 12 of them have normal blood pressure. Eight of them people have increased blood sugar level.



REPORT OF INDUCTION PROGRAMME 2023 BATCH – 01.11.2023

The induction programme of 21st batch B.Sc. (N) was conducted on 01.11.23 with a formal meeting arranged in the MBCN Conference Hall. The meeting commenced at 10 am, presided by Mr. BinuKaippillil, Vice President of MBMM Association, Vicar of Mar ThomaCheriyapalli, Rev. Fr. Jose Parathuvayalil delivered the benedictory address followed by the felicitations by Dr. SelliammaKuruvila, Principal, College of Nursing, Mr. V.V. Antony, PTA President & Mr. Eldhose T.K., Treasurer of MBMMA.

SSGP REPORT OF 2023 – 03.11.2023

Orientation programme was conducted for first semester B.Sc. Nursing students. The session was led by Mrs. Noble Kuruvila, Mrs. Jisha P. Mohammed explained regarding the importance of SSGP and mentoring programme. How it benefits to the students, college and university details regarding the importance of study habits, library utilization, extracurricular activities.

SCHOOL HEALTH PROGRAMME REPORT – 06.11.2023

Community Health Nursing department and IV year B.Sc. Nursing students were organized a school health programme on 06.11.2023 at Mar Basil Higher Secondary School, Kothamangalam. The main objective of the programme was to create an awareness among students regarding drug abuse. The programme was held in the multimedia room of school.

REPORT OF DIABETES DAY – 14.11.2023

As a part of international day of diabetes the fourth year B.Sc. Nursing students were conducted an awareness programme based on the theme access to diabetic care at Mar Mathews Boys Town Pvt. ITI institutions on 14.11.2023. the programme was started with a welcome speech by Fr. AkhilChirackal CST. Subsequently an inaugural address was done by Mr. Sugunan.

COPD DAY REPORT – 15.11.2023

On 15.11.2023, 4th year B.Sc. students conducted COPD day which was organized by MBMM hospital. World COPD Day is celebrated on the 3rd Wednesday of November since 2002. The Theme of this year was "Breathing is Life, Act earlier". A detailed class regarding chronic obstructive pulmonary disease was taken by Dr. DivyaMariya Elias, Pulmonologist. She explained about COPD condition and its various types of management. The posters were exhibited at the hospital auditorium.



HEALTH ASSESSMENT IN CLINICAL PRACTICE – 24.11.2023

A session was organized by the FON department on health assessment in clinical practice which was conducted by INSCOL (health skills) on 24.11.23 and 25.11.23. The session was taken too second semester B.Sc. nursing (59) students accompanied by 2 faculties (Mrs. Anju Elizabeth Mathai and Mrs. Juby Thomas). The session was informative and good for practicing in clinical.



REPORT ON EPILEPSY DAY

As a part of international day of Epilepsy, 3rd year B.Sc. nursing had celebrated epilepsy day at Mar Medical Mission Hospital, Kothamangalam based on the them 'stigma towards epilepsy'.

REPORT ON SCREENING PROGRAMME – 29.11.2023

As part our National Service Scheme (NSS) we conducted a screening programme of blood pressure and blood sugar on 29.11.2023 from 10 am to 1 pm at NellikuzhiPanchayat, PulikunnathumalyAnganwady Ward VIII. The screening was

started at 10 am, 23 clients attended the screening programme.

REPORT ON AIDS DAY PROGRAMME

As part of observance of AIDS Day the Community Health Nursing department and 4th year B.Sc. Nursing students performed a flash mob based on the theme "Let communities lead". At 11 am started the programme with a prayer song. Then welcome speech was delivered by Mr. Ajesh, Health Inspector, Taluk Hospital, Kothamangalam.

OBSERVANCE OF WORLD AIDS DAY

As part of World AIDS day observance the quiz programme was organized by community health nursing department and child health nursing department. Two students from each batch was participated in the quiz programme.

SNA REPORT – 2023

SNA programmes of 2023 has been started in the month of June. Cultural have been conducted on 24.06.23 and sports on 26.08.23. We have selected students for all activities in the zonal level.



Zonal level programmes have been started on 19.08.23 with off stage competitions of Nirmala College of Nursing 07.09.23 – Indoor games at Govt. College of Nursing, Kalamassery, 08.09.23 – Educational Competitions 09.09.23 – Mar Basil HSS, 12.09.23 and 16.09.23 – Cultural at Samaritan and Carmel College of Nursing.

We were the 1st runner up for both cultural and sports competitions for the year 2023 for LAKSHYA-23 in the Central Zone – B. State level competitions was conducted on 18.10.23 and 19.10.23. We had won the award for Best SNA unit 2023 in the Kerala State with different prizes.

National competitions were conducted as 30th TNAI conference on 28.11.23 and 29.11.23 at Thyagaraj Sports complex, New Delhi. Fourteen students accompanied with 2 staffs attended the conference. Seven posters, Mr. SNA & Mono Act (Spot) were the items we participated. We have awarded the 3rd prize for the Best SNA UNIT-2K23 for the all India.

REPORT ON FIRE AND SAFETY SESSION

As a part of IQAC training a session was organized to the student of Mar Baselios College of Nursing, Kothamangalam in regards of fire and safety. The session was taken by Ms. Anjana Prasad and it was convened on 04.11.23, 11.04.24, 05.01.24 07.01.24 in the respected class room of each batch.



REPORT ON ALL KERALA COMPETITION HELD ON 15.12.23 AT GOVT. SCHOOL OF NURSING, ERNAKULAM – 15.12.23

An all Kerala quiz competition for nursing students was conducted on 15.12.23 from 9 am to 1 pm by Govt. School of Nursing, Ernakulam as a part of their centenary event. The first prize was won by Govt. College of Nursing M.Sc. students, Kottayam, 2nd prize by Govt. School of Nursing, Ernakulam and 3rd by Govt. College of Nursing, Kottayam.

REPORT ON TOWN CAROL – 21.12.23

300 students of MBCN has participated in the town carol as a part of Christmas celebration which was organized by Mar ThomaCheriyapally. The carol was started from Thankalamwichproceeded to Kozhippilly and reached church by 8 pm.



REPORT ON CAROL NIGHT – 2K23 – 23.12.23

Mar ThomaCheriyapally has organized a carol night for all institutions and family unit. The programme was planned to celebrate Christmas with association of all institution under Mar ThomaCheriyapally. 10 students of our college had participated in the carol programme.



REPORT ON IN-SERVICE EDUCATION

As a part of 4th year B.Sc. Nursing, Management of Nursing Service and Education requirement, organized an in-service education programme. An appropriate topic was chosen after several session of discussions with Nursing Superintendent, Nurse in-charges, and staff nurses, as per their need. Prior permission was taken from the concerned authority to organize the in-service education programme.



MAR BASELIOS COLLEGE OF NURSING

KOTHAMANGALAM

Volume 4
Issue 4

MBCN BITS AND BYTES

JULY-DECEMBER, 2023

NEWS LETTER

From Principal's Desk....

Dear Students,

It is with great pleasure I welcome you to the fourth volume of our college newsletter. Our college aims to create an atmosphere of excellence, hardwork, and professionalism in all its undertakings. The college encourages the students to participate in extracurricular activities at our campus.

In this newsletter, we have highlighted some of the activities and accomplishment's that we have achieved and conducted during last year. In achieving our goals, we are fortunate to have a team of committed and expert teaching and supporting staff that ensure the learning environment of our students in the best..

I am pleased to inform you that our nursing college will be undergoing a Quality Assurance and Standards (QAS) inspection in the future. I am full confident in our dedicated faculty and staff who work tirelessly to ensure that our students receive the best possible education and practice.

I encourage everyone to continue their hard work and dedication as we prepare for this inspection, we will successfully demonstrate the quality of education and training that sets our nursing college apart.

Once again, I extend my heartfelt thanks to all the contribution, newsletter team and everyone involved in bringing this volume.

With warm regards,

Dr. Selliamma Kuruvila

Principal.

Mar Baselios College of Nursing, Kothamangalam



ANNUAL ADMINISTRATIVE REPORT 2023-24

Mar Baselios College of Nursing is governed by Mar Baselios Medical Mission Association, (MBMMA) a charitable trust under the auspices of Mar Thoma Cheria Pally, Kothamangalam, headed by His Beatitude Dr. Baselios Thomas I, Catholicos of the East as the President and assisted by a governing board. The management of the College consists of Adv. C.I. Baby as Secretary, Mr. Binu Mathew as Vice President and Mr. Eldhose T.K. as Treasurer.

REPORT ON ENVIRONMENTAL DAY – 05.06.2023

In collaboration with Nature Club and NSS unit of MBCN was celebrated World Environmental Day by flourishing the importance of planting trees in our day to day life. 26 NSS volunteers from 3rd B.Sc. nursing were participated. The theme of World Environmental Day 2023 is “BEAT PLASTIC POLLUTION”. We planted different medicinal plants like Alovera, Thulasi, Muya Cheryan, Kurumthotty in the herbal garden of MBCN. We also planted different fruit bearing trees like Avocado, Jack fruit tree, Mangostin and Mango tree in the college campus.



REPORT ON SCREENING PROGRAMME – 21.06.2023

On 21.06.2023 the 7 NSS volunteers of Mar Baselios College of Nursing conducted blood pressure and blood sugar monitoring camp in ward VIII of Nellikuzhi Panchayath, Pulikkunnathumaliyil Anganwadi. 21 people were came and checked their blood sugar, blood pressure and BMI. Among them 9 of have the previous history of diabetes mellitus. A small awareness class provided by our NSS volunteers regarding diabetic diet.



REPORT ON INTERNATIONAL YOGA DAY – 21.06.2023

On June 21st, National Service Scheme celebrated International Yoga Day in Mar Baselios College of Nursing, Kothamangalam. It was hold in Conference Hall at 10 am. The programme was commenced with prayer song by MBCN choir. Ms. Nimishamol Shibu addressed audience with welcome speech. Our Principal, Dr. Selliamma Kuruvila gave the felicitation and she reminded as about the importance of practicing yoga in day to day life.

REPORT ON PSYCHIATRY EXHIBITION – 29.06.2023

On 29th June, 2023 an exhibition titled “Psychforum” was conducted by the 3rd year B.Sc. Nursing students in the 3rd year class room. The programme started at 10 am with a prayer song and students leaders welcomed all to the programme. Mrs. Selliamma Kuruvila, the Principal inaugurated the programme.



REPORT OF GRADUATION CEREMONY – 27.07.2023

Sixteenth bath B.Sc. nursing graduation ceremony was held on 27.07.2023 at 11 am. The programme started with a prayer song followed by welcome speech. Mr. Binu Kappillil, Vice President MBMMA delivered presidential address and Fr. Jose Parathuvayalil, Vicar Mar Thoma Cheria Pally rendered a benedictory address. The programme was inaugurated by Adv. C.I. Baby, Dr. Selliamma Kuruvila, Principal, MBCN awarded the degree certificates and provided a message to graduates.



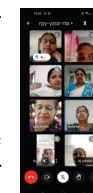
REPORT ON HEALTH CAMP AT ST. JOHNS ORPHANAGE – 28.07.2023

A health assessment camp was conducted to St. Johns Orphanage, Njarakkad on 28.07.2023. The orphanage consists of 74 inmates of both genders who are residing there with the permission of CWC. The orphanage Director Fr. Eldhose introduced the students to the children. Special cultural programmes were performed by the students for one hour.



REPORT ON WEBINAR ORGANIZED BY ENTRI ENGLISH – 31.07.2023

Entri English in association with Mar Baselios College of Nursing, Kothamangalam conducted a free Webinar on “Global Nursing Jobs, Opportunities Awards”. It was held on 31st, 2023 at 8 pm in zoom platform. The speakers for the webinar were Ms. Divya Edison, TESOL certified OET trainer and Mrs. Josephine Ren Abraham, Registered Nurse, Germany. The webinar was attended by 2 batches of B.Sc. Nursing students (2018-19 & 2019-20 batches).



REPORT ON INTER COLLEGE QUIZ COMPETITION AT THIRU HRIDAYA COLLEGE OF NURSING -05.08.2023

Students from our college got the participatory certificate.

REPORT ON BREAST FEEDING WEEK CELEBRATION – 08.08.2023

The breast feeding week 2023 was celebrated in the college by third year B.Sc. Nursing students. A melodrama based on the topic on importance and the feeding of a mother throughout pregnancy was dramatized with the help of music by the students. The Principal and other staff members attended the function. Principal Dr. Selliamma Kuruvila rendered a message on breast feeding.



REPORT OF KEY HANDED OVER CERMONEY-14.08.-2023

We have completed our sabhaham house project worth Rs.10 lakhs and handed over the key to one of our cleaning staff Mrs. Neethu John by our honourable higher education minister Mrs. R Bindu



REPORT ON INDEPENDENCE DAY CELEBRATION – 15.08.2023

The 77th Independence Day was celebrated in the College campus on August 15th, 2023. Adv. C.I. Baby, Secretary, MBMM Association hoisted the national flag and delivered the message of the day. Students performed patriotic dance with regard to “Unity in Diversity”. College Union Counselor Ms. Christy Paul delivered a speech and Ms. Della first year students delivered vote of thanks.



REPORT OF MEDICAL CAMP-20.08.2023

MBMM Hospital conducted a medical camp our NSS Volunteers got an opportunity to the part of the medical camp.



REPORT ON HEALTH AWARENESS PROGRAMME – 07.09.2023

On 07.09.2023, Community Health Nursing department in collaboration with NSS conducted a group health education on the topic dengue fever. The programme arranged in the OPD of CHC Varapetty. The programme started at 10 am.



REPORT ON SCREENING PROGRAMME-21.09.2023

As a part of NSS screening programme for blood pressure and blood sugar conducted at anganvaadi 22 clients visited the screening center.



REPORT ON SCREENING PROGRAMME – 30.09.2023

On 30.09.2023 the 7 NSS volunteers of Mar Baselios College of Nursing conducted blood pressure and blood sugar monitoring camp in ward VIII of Nellikuzhi Panchayath Ambattumolam Anganwadi. Peoples were come and checked their blood pressure, blood sugar and BMI. Among them 3 of have the previous history of diabetes mellitus.



REPORT ON INTERNATIONAL VIRTUAL CONFERENCE ON CHALLENGES IN NURSING MANAGEMENT OF BEHAVIOURAL ADDICTION – 30.09.2023

The debate competition on health hazards of excessive internet use Vs use of internet necessity was conducted as a preconference activity as the part of 2nd international virtual conference on challenges in management of behavioural addictions and substance use disorder out 45 participants registered 42 participants were attended the screening session on 30.09.23 on two separate tracks via google meet.



REPORT ON MENTAL HEALTH WEEK CELEBRATION – 06.10.23

As a part of Mental Health week, SH Pynkulam hospital conducted a skit competition. The theme of the skit should be Breaking the Stigma of Mental Health of mental illness. Our eight student participated this programme.

REPORT ON HIV-AIDS AWARENESS PROGRAMME – 18.10.2023

On 18.10.2023, an awareness programme on HIV-AIDS was conducted at MBCN by Kerala State AIDS control organization and State Health Ministry. The programme was conducted in the form of story context (kathaprasangam) by Mr. Seena Pallikara and team. Cheruvattoor PHC Health Inspector Mr. Manoj and Deputy Mass Media Officer Ernakulam Dist., Mr. Bijumon took the initiative for the same.



STROKE NURSING SYMPOSIUM 2023 (CARITAS HOSPITAL) – 21.10.2023

World Stroke Day is celebrated every year to create awareness about stroke and its risk factors. In this context the Nursing Service Department of Caritas Hospital and institute of health science has organized a stroke nursing symposium on 21.10.2023 at Diamond Jubilee Conference Hall, Caritas Hospital.

REPORT ON NSS CAMPAIGN HARITHAPRABHAYIL KANNI PERUNNAL VILAMBARA JAATHA – 25.10.2023

Ahead of the Kothamangalam Mar Thoma Cheriapally Kanni Perunna, to be held from 25th September – 4th October 2023, an awareness campaign under the title “Harithaprabhayil Kanni Perunna Vilambara Jaatha” was conducted by Kothamangalam Municipality with the joint efforts of NSS, Kudumbasree, Swachh Bharat, LSGD etc. to bring awareness among all the retail and wholesale entities in Kothamangalam town about the need for proper waste management.



REPORT ON PARTICIPATION IN KANNI 20 PERUNNAL AT MARTHOMA CHERIAPALLY, KOTHAMANGALAM (SEPT. 25TH – OCT. 2TH 2023)

The ‘Kanni 20 Perunna’ at Mar Thoma Cheriapally was celebrated from September 25, 2023 to October 4, 2023. On September 25th, the teaching and non-teaching staff and students of all batch participated in the procession from Chakkalakudy Chappel (4 pm) to Mar Thoma Cheriapally and attended the flag hoisting ceremony at 5 pm.

