students organized an in-service education programme. The topic was about the **diabetics and its complication**.

Januvary _ 2025

Report on Hunger Free Hospital Programme:02.01.2025



Mar Baselios College of Nursing proudly supported the Hunger – Free Hospital Project recognized by Pain and Palliative Care Society, Kothamangalam.

Report on Pediatric Advanced Life Support 2025:08.01.2025

The curriculum Committee decided to conduct IQAC workshop on Pediatric Advanced Life Support, and The Child Health Nursing Department has been selected with carrying out this task. The workshop was Arranged on 8th January 2025 after discussion with resource person from informed institute. Following aPretest the theory and practical sessions were held. Students were split up into three groups and they had Firsthand experience with topics related to practical skills like BLS, Et tube in section, defibrillation and Pediatric emergent management. These queer five resource persons who are expect instructors of AHA. Student's evaluation of the sessions was rated as excellent and the post-test score exceeded 90%. By 5.30 Pm the sessions were concluded.

Report on VayonanmaPadhathi:18.01.2025

St semester B. Sc. Nursing students had participated in VayonanmaPadhathi (Sukritham) organized by

District legal Services Authority under Nalsa Scheme 2016, which was held at KSRTC Junction, Kothamangalam on 18.01.2025.

21.01.2025 Report on Career Guidance Seminar by Global Nurse Squad On 21st January 2025, at 9.15am Global Nurse Squad conducted a career guidance session lead by Facilitators Mr. Jithin, Ms. Ann and Ms. Arsha. The session focused on assessing care competencies and Exploring opportunities for nurses, emphasizing professional skills, interpersonal abilities soft skills and Healthcare proficiency. An interactive test was conducted to assess drug calculation competence Highlighting the importance of accurate along calculations in nursing practice. The session concluded with

A career action plan exercise, guiding students to set goals and identify steps to achieve their career

Report on Career Guidance Session by Jeremiah International Academy:21.01.2025

On 21st January 2025 at 10.30 am, Jeremiah International Academy from Kozhikode conducted a career Guidance session lead by Mr. Paul, the General Manger. The session began with an interactive session on

Various opportunities for nurses, including information about OET, IELTS and prospects in Germany. The Main focus was on German Language requirements and opportunities in Malta. Mr. Paul also discussed Recruitment processes, interview techniques and exam preparation strategies.

Report on Career Guidance Seminar by Dr. German Max Meldon Academy& Study Abroad :21.01.2025

Dr. German Max Meldon Academy and study Abroad – Muvattupuzha, conducted a career development Session for 59 final year students at 11.30 am on 21 January 2025, led by Ms. Jancy. The session began With an interactive discussion on various opportunities for nurses, emphasizing German Language

Requirements and prospects in Germany. Ms. Jancy also provided information on OET and IELTS Examination.

Report on Career Development Workshop by INSCOL :21.01.2025

INSCOL Cochin hosted a career development workshop for 59 final year students, led by Mr. Shashany. The session began with an engaging discussion on the Global Health Nurses Program, aiming to broaden Participant's perspectives on international nursing career. The primary objective was to introduce attendees.To the vast array of opportunities available to become global nurse.

Report on Career Development Session by Ajinora:21.01.2025

Ajinora Institute conducted a career development session for 59 final year students on 1st January 2025, led By Mr. Robin. The session highlighted the significance of learning German and introduced various students Program emphasizing global nursing opportunities and current vacancies. Details regarding class schedules, Fees and timings were also discussed.

Report on National Youth Day – Debate Competition 2025:21.01.2025

In honor of National Youth Day, the Child Health Nursing Department along with IQAC held a debate About 'Character Building'. The moderator of the debate session was Mr. Shebin. Principal and other staff

Members attended the debate session. The students aware split up into two groups, one of which was in Favor to traditional teaching and the other with modern teaching. Students shared their opinion in a positive Team environment highlighting the importance of both teaching. The session adjourned at 11 am.

Report on Republic Day Celebration:26.01.2025

Mar Baselios College of Nursing has celebrated republic day on 26.01.2025. The program started with Inaugural speech by Mr. Shaji K O, Vice President of MBMM Association which was followed by flag Hoisting ceremony. Students presented a beautiful patriotic song in the event. The students of MBCN,

Management, teaching and non-teaching faculty had attended the program.



MAR BASELIOS COLLEGE OF NURSING

KOTHAMANGALAM

Volume 7 Issue 7

NEWS LETTER

MBCN BITS AND BYTES

OCTOBER 2024 - JANUARY 2025



From Principal's Desk....



Dear Students, Faculty, and Staff,

I hope this message finds you well. As we continue to strive for excellence in our nursing programs, I am pleased to share some important updates regarding our ongoing upgrading activities and the upcoming Quality Assurance Standards (QAS) inspection.

Our commitment to enhancing the quality of education and training we provide is unwavering. We are currently implementing several initiatives aimed at upgrading our facilities, curriculum, and resources to better serve our students and the community. These enhancements are designed to ensure that our graduates are well-prepared to meet the challenges of the healthcare environment.

In addition, we are eagerly awaiting the QAS inspection, which is a crucial step in our journey towards accreditation. This inspection will provide us with valuable feedback on our programs and practices, allowing us to identify areas for improvement and celebrate our successes. I encourage everyone to engage in this process with a positive mindset, as it reflects our collective dedication to maintaining high standards in nursing education.

Thank you for your continued support and commitment to our college. Together, we are making significant strides towards excellence in nursing education.

With warm regards,

Dr. Selliamma Kuruvila

Principal.

Mar Baselios College of Nursing, Kothamangalam

<u>October - 2024</u>

Report on School Health Programme:01.10.2024



A school Health program focusing on personal hygiene was conducted at Mar Basil Higher Secondary School, Kothamangalam by the students of Mar Baselios College of Nursing, Kothamangalam.

Report of Green Protocol in Church Ceremony:02.10.2024

On October 2, 2024, 25 NSS volunteers of 4th Semester B. Sc. Nursing of MBCN participated in the Green Protocol programme at Mar Thoma Cheriyapally, Kothamangalam during perennial.

Report on Mental Health Day Observation:09.10.2024



As per a part of world Mental Health Day Observation in 2024, 6th semester students of MBCN conducted a Psychiatric Exhibition "BRAIN MATRIX on 09.10.2024. [8 am to 10 am] at 6th Semester class room.

Report on Medical Camp:13.10.2024

On 13th October 2024, the NSS volunteers from Mar Baselios College of Nursing conducted a Mega Medical Camp at Mar Gregorious Jacobite Syrian Church Mangathotty.

Report on Leprosy Centre Visit:18.10.2024

As a part of community Health nursing, the students of 4th year B. Sc. Nursing had gone for a visit at 'Gandhigram Govt. Hospital of Dermatology, Koratty".

Report on TB Centre Visit :19.10.2024

As part of Community Health Nursing, the student's 4th year B. Sc. Nursing had gone for a visit at District TB Hospital Karuvelipady, Kochi.

Report on Education Visit:26.10.2024



As a part of 4th year B. Sc Nursing, manage ment of nursing services and education requirement, students visited Aster Medcity, Cochin on 26.10.2024.

Report on World Stroke Day:28.10.204



As a part of World Stroke Day, the students of 2nd semester B. Sc. Nursing conducted a flash mob in the Kothamangalam Bus stand at 10.00 am.

Report on World Stroke Day:29.10.2024

As part of World Stroke Day, the students of 2nd semester B. Sc nursing conducted awareness programme on MBMM Hospital, Kothamangalam on 29.10.2024 at 10.30 am.

Report on Visit to Special School:30.10.2024

As part of community Health Nursing the students of 4th year B. Sc Nursing had a visit to Santhwanam Special School on 30.10.2024.

<u>November - 2024</u>

Report on Induction Programme 2024:04.11.2024



Orientation programme was conducted for first semester B. Sc. Nursing students and their parents on 04.11.202, which was attended by 80 students and parents.

Report on In-service Education:08.11.2024



As part of 4th year B. Sc. Nursing Management of Nursing service and education requirement, students organized an in-service education programme. The topic was about the **mechanical ventilation.**

Report on Children's DayCelebration"EVARA" :16.11.2024



On 16th November at 9.30 am College Union organized and conducted a children's day program "Evara" for the children of MBCN staff. Around 30 children participation in the event.

Report on QAS KUHS:18.11.2024

The meeting commenced with prayer by students of MBCN Choir followed by welcome address by Mrs. Jisha P Mohammed. The bird view of college history presented by the Awather of the college ELMA.

Report on National Newborn week celebration 2024 :23.11.2024



The National Newborn week was being observed by MBCN flowing the Ministry of Health and Family Welfare, Govt. of India from 15th to 21st November.

27.11.2024 Report on PTA 6th Semester B.Sc. Nursing

The meeting started with prayer by 6th semester students followed by welcome address by Mrs. Bony P Varghese. PTA member, PTA representative Mr. Jose presided the meeting.

<u>December - 2024</u>

Report on AIDS Day Observance:02.12.2024



As a part of World AIDS Day, the department of Adult Health Nursing and College Union of Mar Baselios College of Nursing conducted an awareness program on 2nd December 2024.

Report on Career Guidance Session by Neethu's Academy:04.12.2024



On 4th December2024, Neethu's Academy organized a career guidance session for 59 fourth year B.Sc. Nursing students. The session lead by Ms. Dina provided insights into global nursing careers, focusing an opportunity in Germany, including language training, procedures and job prospects. The interactive session allowed students to clarify doubts and understand international career paths.

Report on Career Guidance session by Medcity International :05.12.2024



On 5th December 2024, from 2 pm to 3 pm, Ms. Megha from Medcity International Academy, Kothamangalam lead a career guidance session. She discussed opportunities in the UK, USA, Germany, Ireland and Australia and provided an overrisen of various career options, including emerging trends and growth areas. The session began with an ice breaker to help students relax and interact with each other's. She also explained the OET, IELTS exams. The concluded with a career action plan exercise, where students set goals and identified steps to achieve their career objectives.

Report on In-service Education:11.12.2024



As part of 6th semester B. Sc Nursing Management and leadership requirement,

semester B.Sc. Nursing students of Mar Baselios College of Nursing. Through Chakyar Koothu, the students conveyed the awareness regarding the importance and functions of Kidneys, the causes, risk factors, prevention, Dietary Management, Medical Management, and Surgical Management of Kidney diseases. The programme was ended by 12.50 pm and the vote of thanks

was given by Mr. Anush Giby Thomas a representative of III semester B.Sc. Nursing student.

Report on SNA Unit Level Sports – 2025 : 15.03.2025



Annual sports meet of 2025 was organized by SNA Unit of MBCN on 15.03.2025 (Saturday) at Mar Basil Higher Secondary School ground, Kothamangalam. The events were started by 7.00 am under supervision Of Mrs. Shibi Mathew, PT instructor and Mrs. Eldhose, Faculty in charges and student's in charges were Selected for each item. The event was started with 800 M race (boys & girls) followed by shot-put, 200 M

Race, long jump, 100 M race, discuss throw, javelin throw & 4 x 100 M relay girls. All events were Conducted separately for boys and girls. The program was wind up by 11.30 am. Refreshments were Arranged after the distribution of prizes by Mr. Babu Mathew Kaippillil, Manager of Mar Basil Higher

Secondary School. Mr. Albert Anil was the individual champion for boys and Ms. Anet Jose the individual Champion for girls.

Report on International Women's Day Celebration : 17.03.2025

As a part of International Women's Day celebration, department of Nursing Foundations in association With IQAC has organized a quiz competition on 7th March 2025 in the First Semester B.Sc. Nursing class Room. The event was started by 2.00 pm with an opening message by Mrs. Smitha Jacob, Asst. Lecturer, Department of Nursing Foundations based on the theme for Women's Day 2025 "Invest on Women: -Accelerate progress, aiming to raise awareness about women's achievements and contributions". Quiz Competition was started by 2.30 pm with 4 teams. The competition moderator was Ms. Sravya Suresh, Asst.

Lecturer, Department of Nursing Foundations. The event was concluded by 4.00 pm after the prize Distribution for the winners by Mrs. Gisha Jose, HOD, Nursing Foundations Department.

Report of Cultural Fest I : 20.03.2025



Cultural competitions were conducted as cultural I & II which was organized by SNA unit of MBCN. Cultural I named as KALHARA – 2K25 I was conducted on 20.03.2025 at exam hall of MBCN. The Program was started with prayer song by MBCN choir. The students were divided into 4 groups where the 7th Semester B.Sc. Nursing students were the overall charges. The events were:-

Bharathanatyam Mapillapattu (Boys & Girls)

Folk Dance Solo Song (Boys & Girls)

Group Dance Fancy Dress (Boys & Girls)

Nadanpattu Skiit

22.03.2025 Report of Cultural Fest – II

Kalhara II which was organized by SNA Unit was conducted on 22.03.2025 at auditorium of Mar Baselios Dental College. The events were started followed with prayer song. The main events were personality contest (Boys & Girls) for Mr. MBCN & Ms. MBCN, Group dance, Margamkali, Mime Show. Ms. Liss

Maria Tomy was selected as Sargaprathibha, Mr. Amal Dev K S as Kalaprathibha, Ms. Agna Bijo as

Kalathilakam, Ardra Raj & Jisna Theresa Jose a s Chithraprathibha, Ms. Aiswarya Prakash and Basil Biju

as best actress and actor.

Report of Special School Visit : 27.03.2025

The 5th semester students conducted a visit to St. Johns Special Education School, Kottappady as part of curricular requirement for the subject Child Health Nursing. The school was run by Dharmagiri Sisters with a motto of education and rehabilitation of specially challenged children. There were totally 85 students

studying in different classes diagnosed with cerebral palsy, Down syndrome, autism, AOHO, mental retardation etc. The divested of the school Sr. Sreethi explained the hierarchal structure of the institution and described the functioning of the school. She also introduced the staff (Specially qualified) to the

students. Students were given an opportunity to communicate with these children and we offered small gift to them. Cultural program was also performed by our students which made them happy. Our students got a chance to interest and asses understand the difficulties experienced by disabled children. The students were accompanied by three nursing faculty.

<u>April – 2025</u>

Report of Hunger Free Project at Thaluk Hospital, Kothamangalam : 03.04.2025



On 3rd April 2025, Mar Baselios College of Nursing Union "Shastra" took part in the hunger free project conducted at Taluk Hospital, Kothamangalam. The union executives participated in the project by serving meal to the hospital inpatients at Taluk hospital. The students were accompanied by Mr. Aby Elias and Mr. Gheevarghese V. P (Office assistance) from the college. The meal was served to 28 people at Taluk hospital. After serving meal they returned back to hostel by 7 pm.

Report of Training on POSH Act : 05.04.2025

On April 5th, 2025 training on POSH Act at the workplace was organized on behalf of the internal complaints committee and IQAC MBCN. The speaker of the session was Mrs. Bony P Varghese presiding officer ICC, Lecturer MBCN. The session started around 12.00 pm and the session focused on POSH Act

and the importance and work plan of internal complaints committee in the college. The class was limited to the teaching and non teaching faculties of Mar Baselios College of Nursing and the session ended around 1.00 pm.

<u>May – 2025</u>

Hunger Free Project at Taluk Hospital, Kothamangalam : 08.05.2025

On 8th May 2025, Mar Baselios College of Nursing Participated in the Hunger Free Project conducted at Taluk Hospital, Kothamangalam. VII semester student's engaged in project by serving meal to the hospital in patients at Taluk Hospital. The students were accompanied by Mrs. Bony P Varghese and Mrs. Elizabeth Alias (Teachers) and Mr. Aby Alias (Office Assistant) from the college. The meal was served to 35 people

MAR BASELIOS COLLEGE OF NURSING

KOTHAMANGALAM

Volume 8 Issue 8

NEWS LETTER

MBCN BITS AND BYTES

FEBRUARY 2025 - MAY 2025



From Principal's Desk....



Dear Students, Faculty, and Staff,

I hope this message finds you well. As we continue to strive for excellence in our nursing programs, I am pleased to share some important updates regarding our ongoing upgrading activities and the upcoming Quality Assurance Standards (QAS) inspection.

Our commitment to enhancing the quality of education and training we provide is unwavering. We are currently implementing several initiatives aimed at upgrading our facilities, curriculum, and resources to better serve our students and the community. These enhancements are designed to ensure that our graduates are well-prepared to meet the challenges of the healthcare environment.

In addition, we are eagerly awaiting the QAS inspection, which is a crucial step in our journey towards accreditation. This inspection will provide us with valuable feedback on our programs and practices, allowing us to identify areas for improvement and celebrate our successes. I encourage everyone to engage in this process with a positive mindset, as it reflects our collective dedication to maintaining high standards in nursing education.

Thank you for your continued support and commitment to our college. Together, we are making significant strides towards excellence in nursing education.

With warm regards,

Dr. Selliamma Kuruvila

Principal.

Mar Baselios College of Nursing, Kothamangalam

February – 2025

Report on Resurvey: 04.02.2025

An NSS volunteer conducted a resurvey of adopted Ward VIII, which begin on 04.02.2025 and was Successfully completed on 07.02.2025. a total of 400 family folders were reviewed, and necessary Information was collected and recorded. During the survey it was noticed that 13 people passed away and 19 new individuals were added and 11 people were moved abroad. We prepared a detailed report after the Analyses of data.

Report on Staff Tour :08.02.2025

The staff tour of Mar Baselios College of Nursing, Kothamangalam was successfully conducted on 8th February at Greenberg Holiday resorts, Kulamavu. The purpose of the tour was to provide a break from Routine work, encourage team bending and offer a refreshing experience with a mix of adventure and Relaxation. The tour was conducted under the guidance and support of the Chief Advisors, Dr. Selliamma

Kuruvila, Principal and Dr. Airin C Poulose, Vice Principal, who played a key role in consuming its success. The tour commenced at 7.25 am with staff members departing from the college. Breakfast was served at 9 Am, providing a refreshing start for everyone before continuing the journey. By 10.15 am, the team arrived At Green Berg Holiday Resorts, where they were warmly welcomed with refreshing drinks. The day's Activities included are swimming pool, Outdoor games, Trekking, Kayaking. River crossing, Bamboo Rafting, Boating and Adventure Rope activities. A delicious lunch was served in the afternoon followed by Evening tea and snacks before departure. At 5.45 pm, the group left the resorts, arriving back at the College At 7.30 pm, marking the successful completion of the trip. The staff tour committee, including members From organizing, finance, food & water, photography, recreation, first aid and transport teams, worked Efficiently to censure seamless planning and execution of the tour, making it a well-coordinated and Enjoyable event for tall participants. The staff tour to Green Berg Holiday Resorts was providing a refreshing and enjoyable experience for all Participants. The tour festered a souse of relaxation, adventure and team spirit, making it a well memorable Event.

Report on Anemia Awareness Program: 14.02.2025

The 5th semester students organized a role play of "Anemia Awareness" among mothers of children on 14.02.2025. in the Pediatric ward of Mar Baselios Medical Mission Hospital, Kothamangalam. The chief Guest for the function is Dr. Hasan Pediatrician. The students highlighted the importance of Anemia Prevention with the help of flow-chart, flash card & children friendly photo shop with sample iron foods.

The program was very useful for the mothers who attend. Students shared their opinions in a positive team Environment highlighting the importance of both Anemia prevention & its importance.

Report on Azad Sena:15.02.2025

Ten NSS volunteers attended the inauguration ceremony of Azad Sena organized by Higher Education .Department and Social Justice Department on 15.02.2025 at Renewal Centre Kaloor. The event was inaugurated by Honorable Higher Education and Social Justice Minister Dr. R. Bindu. An insightful session .On National Action Plan for Drug Demand Reduction was conducted by Dr. Arun Nair IAS. This program emphasized youth involvement in anti-drug initiatives.

Report on Blessing Ceremony:19.02.2025



The Blessing Ceremony of 1st Semester B.Sc. Nursing – 2024 admission students were convened on 19.02.2025 at the examination Hall of MBCN. The program commenced at 11 am with the prayer song Followed by the welcome address by Dr. Airin C Paulose, Vice Principal, MBCN. The vice president of MBMM Association, Mr. Shaji K O presided over the function and the vicar of Mar Thoma Cheriya Palli Rev. Fr. Jose Thachettukudi delivered the benedictory address and the prayer service to the students before Their Blessing Ceremony. The secretary of MBMMA, Mr. Salim Cherian inaugurated the function and the Dignitaries joined on lighting the inaugural lamp. During the ceremony, the students lighted the candles

From the inaugural lamp recited the dedication song, felicitations were delivered by Mr. Bibin Jose, Treasurer of MBMMA, De. Thoms Mathew, Administrator of MBMM Hospital, Dr. Selliamma Kuruvila, Principal, MBCN, Mrs. Bobby Varghese, and Nursing Superintended of MBMM Hospital. The program Concluded at 12.30 pm with the vote of thanks by Mrs. Gisha Jose, Class Co Ordinator of 1st semester B.Sc. Nursing.

Report on Krishi Samridhi Initiative : 20.02.2025

On 20.02.2025 the NSS volunteers participated in Krishi Samridhi Initiative at Taluk Hospital, Kothamangalam. This was organized conducted by Krishibhavan, Kothamangalam in collaboration with Pain and Palliative Care Society, Kothamangalam as part of Hunger Free Hospital Project. The main purpose of this program is to produce some vegetables in the hospital campus to support the Hunger Free Hospital Project. Our volunteers prepared the land for planting differ seeds of chilies and planted some



other vegetables. They placed the seeds and watering the planted saplings. The program was inauguratedin the evening. This program was inaugurated by Mr. Shashidharan retired agricultural officer. They planted hundred saplings. After refreshment they returned to college by 6.30 pm.

Report on Orientation session:21.02.2025

An orientation session was conducted on 21.02.2025 at Mar Baselios Medical Mission Hospital for the 1st Semester B.Sc. Nursing students prior to the commencement of their clinical experience. The session Commenced at 10.15 am in the Conference Hall of MBMM Hospital, Mrs. Gisha Jose, class coordinator of St Semester B.Sc. Nursing welcomed the gathering. The session was handled by Dr. Thomas Mathew,

Administrator of MBMMA & Mrs. Bobby Varghese, and Nursing Superintendent of MBMM Hospital. During the session a detailed orientation was given to the students regarding their expected level of behavior In the hospital and also on various departments functioning in the hospital. The programme adjourned by 12:30 pm

March – 2025

Report on Women's Day Celebration : 13.03.2025



As a part of International Women's Day celebration, department of Nursing Foundations in association with IQAC has organized a quiz competition on 7th March 2025 in the First Semester B.Sc. Nursing class room. The event was started by 2.00 pm with an opening message by Mrs. Smitha Jacob, Asst. Lecturer,

Department of Nursing Foundations based on the theme for Women's Day 2025 "Invest on Women: -Accelerate progress, aiming to raise awareness about women's achievements and contributions". Quiz competition was started by 2.30 pm with 4 teams.The competition moderator was Ms. Sravya Suresh, Asst.

Lecturer, Department of Nursing Foundations. The event was concluded by 4.00 pm after the prize distribution for the winners by Mrs. Gisha Jose, HOD, Nursing Foundations Department.

13.03.2025 Report on World Kidney Day Observance



As a part of World Kidney Day Observance, IQAC & the department of Adult Health Nursing of Mar Baselios College of Nursing has conducted an awareness programme on 13 March 2025 at MBMM Hospital, Kothamangalam. The theme for World Kidney Day 2025 was "Are your Kidneys Ok? Detect

early protect Kidney Health". Mrs. Bindu Joseph, Lecturer and Mrs. Deena George, Asst. Lecturer coordinated the programme. The dignitaries of Mar Baselios Medical Mission Association, Doctors, Staffs, Nursing students and common people were attended the programme. The programme was started by 11.00 am with prayer song by Mar Baselios College Choir and Ms. Ann Mariya Sunil, a representative of III semester B.Sc. Nursing student welcomed the gathering.By 11.10 am, the students of Mar Baselios College conducted Flash Mob. After the flash Mob, the presidential address was delivered by Mr. Salim Cherian, (Secretary of Mar Baselios Medical Mission Association) and Dr. Basil Thambi (Consultant Nephrologists) delivered the message regarding the importance and function of Kidney and prevention of Kidney diseases. Hospital administrator Dr. Thomas Mathew and Nursing Superintendent Mrs. Boby Varghese were present. By 11.35 am (Chakyar Koothu) an act form of Kerala was conducted by the III