

NEWSLETTER

AMRITA COLLEGE OF NURSING
AMRITA VISHWA VIDYAPEETHAM
HEALTH SCIENCES CAMPUS, KOCHI



Our Chancellor



Principal Speaks



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Once again, warm greetings from Amrita College of Nursing after the first wave of corona pandemic. I apologize for the delay in publishing this issue. I need not describe the unprecedented corona pandemic and its adverse effect on education especially on nursing education. Each day of the last half of the year 2020 seemed to be with new challenges and mind bending realities. The initial lock down throughout the country, the restrictions followed and the long term ill effects of COVID 19 including the financial crash in almost all areas were new experiences for us. But we could get out of this shock by starting with emergency remote teaching immediately after the lock down which was soon converted into online education using suitable platforms.

With our beloved AMMA's grace, the faculty and the students arose up to the occasion learning the new online modes of theory and lab activities of nursing with more enthusiasm than ever. The faculty as well as the students became techno-savvy. Soon, to my surprise I could see that everyone is enjoying it. I am proud to say that our faculty have conducted multiple webinars on online education, online examinations in nursing with the help of experts in the field of technology from our own university and eminent nursing faculty in and outside the country keeping it free for all, so that our nursing fraternity could be benefited in this difficult time. We could also conduct parent meetings and Internal Quality Assurance Council meetings at this time. This newsletter will give you a view of these in the subsequent pages.

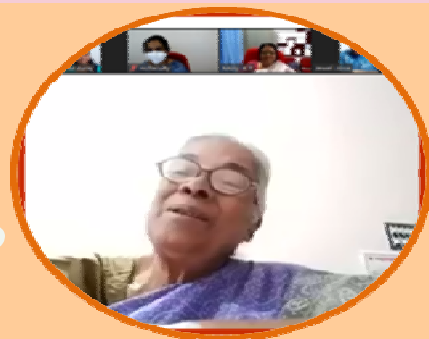
Finally all of us could understand how we miss each other, how monotonous the campus can be without our students though we are interacting to them through social media. Truly speaking the corona has brought to lime light how much we needed each other to be together.

Thank you each and every one.....**STAY SAFE**

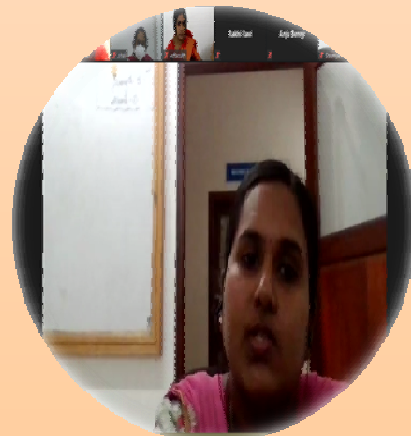
Prof.. K.T. Moly

Department of Medical Surgical Nursing

World Diabetes Day 2020 programme was hosted by Second Year B.Sc. Nursing students on 12.11.2020. The theme of the day 'The Nurse and Diabetes' was unveiled by Dr. Betty P Kunjumon, Asst. Professor, Govt College of Nursing, Kottayam. The lived in experience of diabetic patients were also shared during the programme. A total of 186 participants were present including faculty and students.



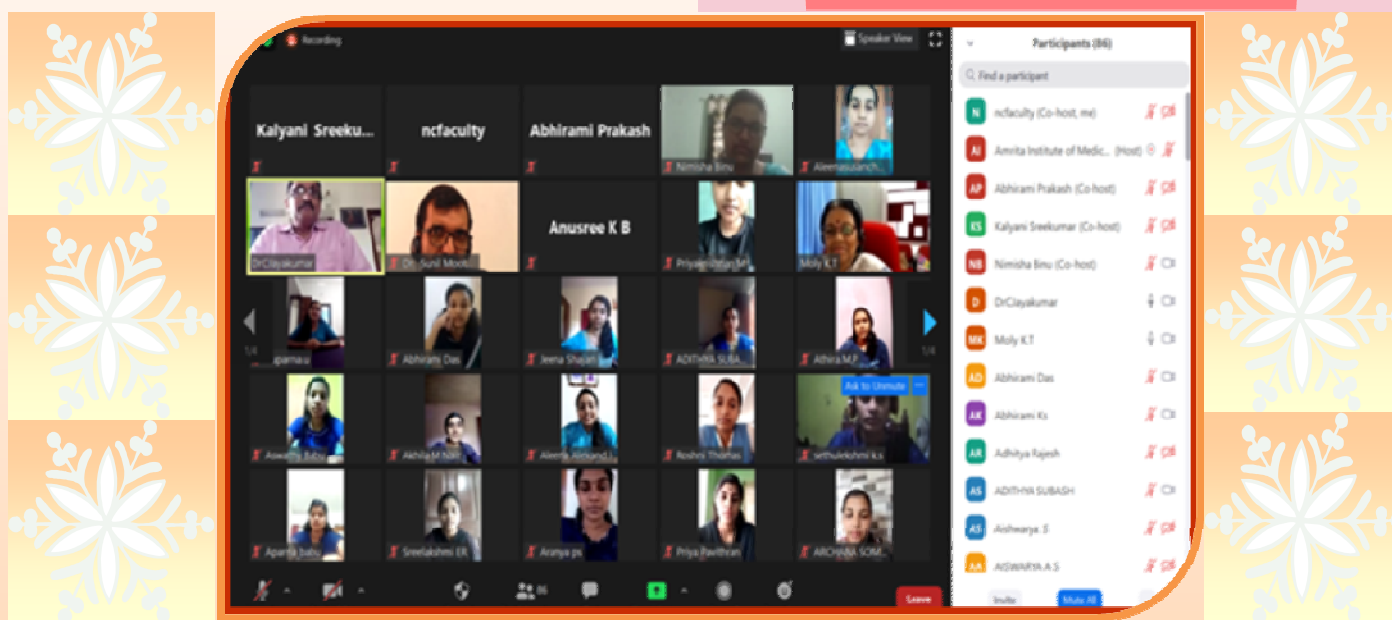
World AIDS Day 2020 was hosted by second year B.Sc Nursing students under the joint guidance from department of Medical Surgical Nursing and Community Health Nursing on 19.12.2020 and 21.12.2020. Around 371 participants were present including faculty and students on both days. Dr. R Ramesh, Project Director of Kerala State AIDS Control Society has delivered an educational session on HIV and AIDS.



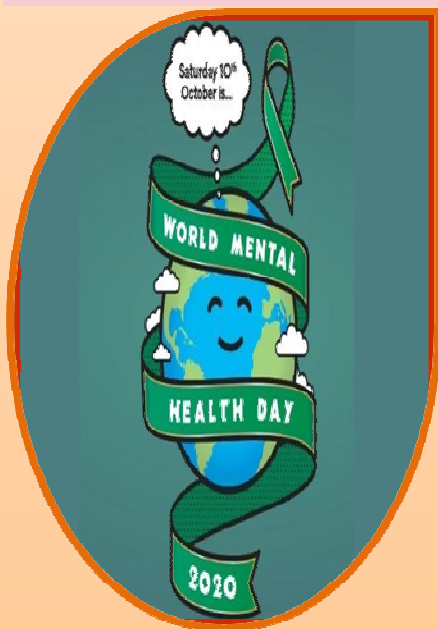
Panel Discussion on AIDS day theme, "Global Solidarity and Shared Responsibility" by Ms.Nila K M, Ms.Aparna C Lakshmi & Ms. Neenu Merin

Department of Child Health Nursing

Children's Day 2020: Programme was hosted by Third Year B.Sc. Nursing students on virtual platform form on 19.11.2020 and 89 participants were present including faculty and students. Presidential Address was given by Dr. Jaya Kumar–HOD Dept. of Pediatrics, inspirational message was given by Bri. Sai Bala. Felicitation was given by Prof. K T Moly & Dr. Sunil M. A Panel Discussion & Skit were conducted by the students.



Department of Mental Health Nursing



World Mental Health Day Observation

Department of Psychiatry and Department of Mental Health Nursing jointly conducted a webinar based on the theme: **Mental Health for All**. It was an enlightening programme with eminent speakers Dr. Prem Nair, Dr. Vishal Marwaha, Sri. Vijay Sakhare-IPS, Dr. Dinesh, Dr. Beena, Prof K T Moly and Dr. Geethanjali Natarajan. Around 200 participants have attended .

Department of Community Health Nursing

Observation of Breast Feeding Week 2020

It was conducted by fourth year B.Sc Nursing students with the guidance from Community Health Nursing Department. The theme "Support Breastfeeding for a Healthier Planet" was discussed.



Awareness video



Poster exhibition by the students on the theme



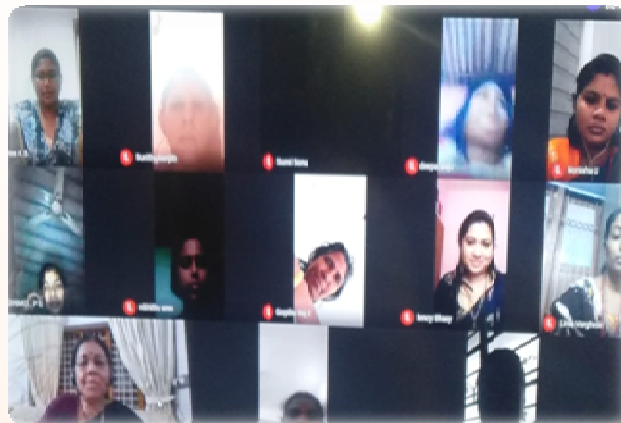
Students performed skit and dance on the special care that a mother should be aware while feeding during COVID 19 pandemic

I n t e r n a t i o n a l Geriatric Day was observed on October 5th 2020 through virtual platform. The programme was organized by the fourth year B.Sc. Nursing students. The main objective was to spread awareness about elderly abuse.

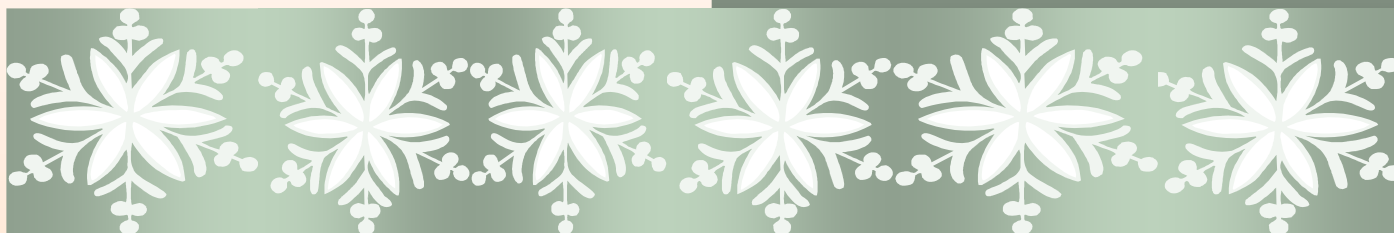


Department of Obstetrics and Gynaecological Nursing

World Breastfeeding Week 2020: Third year B.Sc Nursing students hosted the programme and organized an online educational session on Breast-feeding highlighting the theme on 7th August 2020. Around 120 participants including mothers attended.



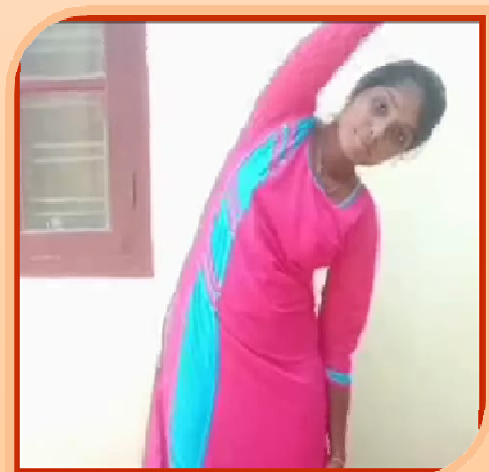
“Ammayiloorum Amruth”, a social media group was created to support breast feeding



International Girl Child Day: On October 11th 2020, fourth year B.Sc Nursing students organized an online session highlighting the theme **“My voice, our equal future”**. An essay and slogan competitions based on the theme were also conducted.



A musical drama was played by Ms. Sreya S Nair and team based on the theme “violence against girl child”



Womens’ Fitness Day: Fourth year B.Sc Nursing students organized an online session on September 30th 2020 highlighting the aims and importance of regular physical activity and health awareness for women.



SNA ACTIVITIES

SNA Valedictory Function

The SNA unit level activities of the year started with the valedictory function on 14th August 2020. It was then followed by Annual Report presentation by Aleena Treasa Biju who was the SNA Secretary of the year 2019-2020. Budget presentation of the year 2019-2020 was done by the former SNA Treasurer. The newly selected office bearers introduced themselves and their views on the next year plan.

SNA Office Bearers Of The Year 2020-'21

- **Vice President:** *Ms. Aswini Natarajan*
- **Secretary:** *Ms. Priya Thomas*
- **Program Chairperson:**
Ms. Aleena Alexander
- **Assistant Program Chairperson:**
Ms. Ann Joseph Mampilly
- **Treasurer:** *Ms. Devika P V*
- **Ex-Officio:** *Ms. Aleena Treasa Biju*

Teachers' Day and Literacy Day Observation

This was organized by Third Year BSc Nursing Students using the virtual platform. Various competitions like Poem writing, Essay writing, Pencil Drawing were conducted.



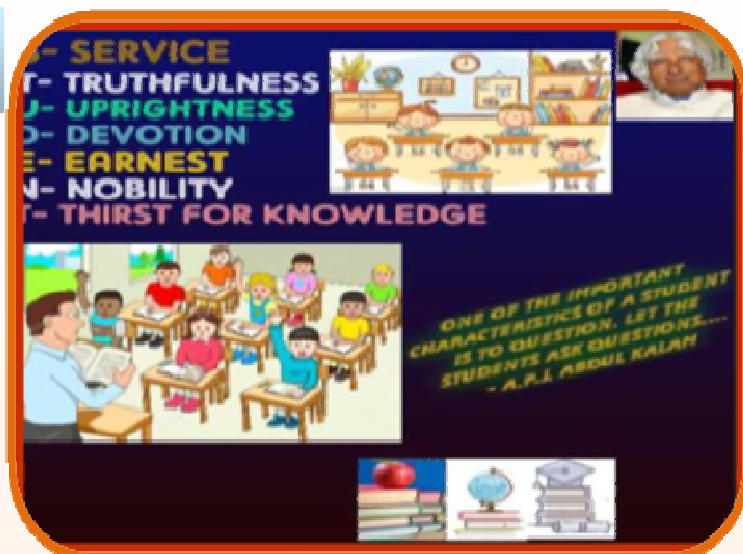
International Day of Peace

The celebrations were organized by Student Nurses Association on 21/09/2020. The major attraction was an E-poster competition which was conducted by Third year B.Sc Nursing students on themes like 'Youth for peace and development, Picture a peaceful world, Together for piece, May peace prevail on earth' etc.



World Students' Day-2020

As part of the day to commemorate the birth anniversary of the former Indian President Dr. A P J Abdul Kalam, an inspirational video on the theme '**Learning for people, planet, prosperity and peace**' was prepared by 2nd year B.Sc Nursing Students.



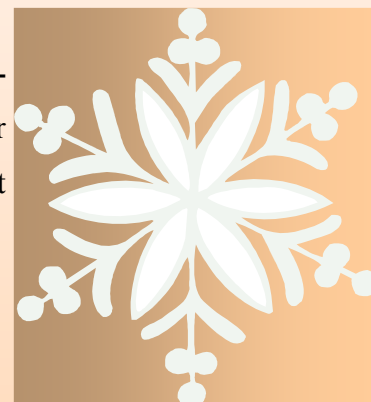
Global Hand Washing Day

Posters based on World Students' Day made by 2nd Year B. Sc Nursing

An educational video was released on 15th October 2020 through social media. This programme based on the theme "**Hand Hygiene For All**" was organized by 2nd year B.Sc. Nursing students.



An awareness session on "**Drug abuse and students**" - taken by Mr. Sibi K I, Assoc. Professor and Head, Department of Sociology, Sacred Heart College, Thevara



FACULTY DEVELOPMENT PROGRAMME

Faculty development programmes were regular as usual during this period.

1. Prof. Sheela Pavithran - Online Evaluation on 22/07/2020
2. Prof. Anila.K.P - Student Engagement Tools on 26/08/2020
3. Ms. Kavitha.P.S - The practical guide to flipped classroom based on National Education Policy-2020 on 7/10/2020
4. A panel discussion on **National Education Policy-2020** by Ms. Kavitha.P.S, Ms. Parvathy Chandran, Ms. Swathy.S.R, Ms. Alishamol.K.A, Ms. Shilpa discussed on a topic

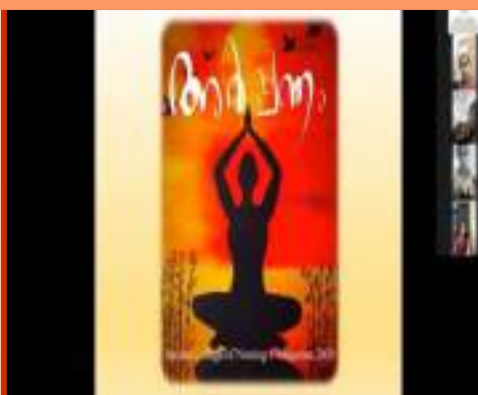


COLLEGE ANNIVERSARY CELEBRATION

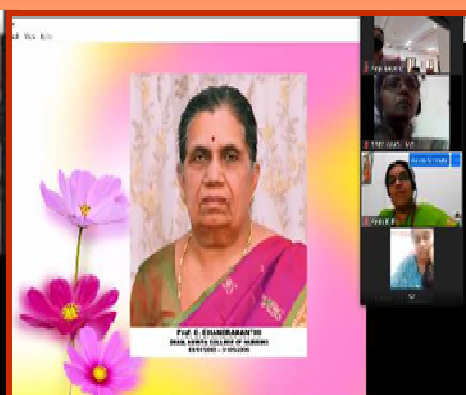
The 18th anniversary of Amrita College of Nursing was celebrated on 2nd and 3rd November 2020, through Zoom virtual platform. The keynote address was given by Dr. Prem Nair, Medical Director, Amrita Institute of Medical Sciences. He congratulated the nurses, the frontline warriors in the fight against Corona Virus and stressed the need for empowerment of nurses. An **E-Magazine** named **ARPPANAM**, was released during the function. Prof. K.T. Moly Principal, unveiled the image of the Former Dean of Amrita College of Nursing, Prof.C.Chandrakanthi, who passed away on 8th August 2020. The dignitaries as well as alumni from overseas shared their professional experiences with the students.



Principal's Address
Prof.K.T.Moly



College E-Magazine 2020
ARPPANAM



Unveiled the image of
Prof.C.Chandrakanthi
Former Dean, Amrita College of
Nursing



Keynote Address
Dr.Prem Nair
Medical Director AIMS



Interactive session
Bri.Sai Bala,
Nursing Director, AIMS



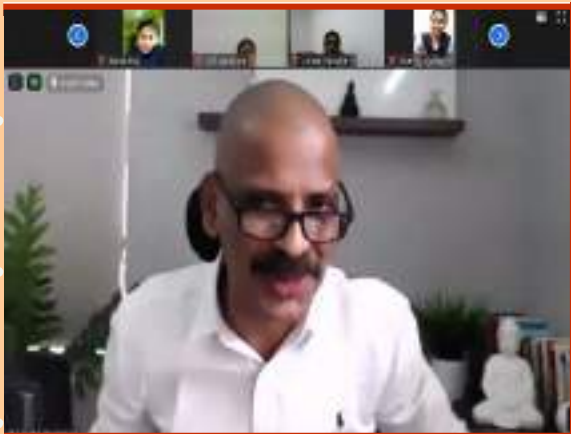
Sharing Professional Experience
Dr. Suresh K Sharma,
Principal , All India Institute of
Medical Sciences, Rishikesh



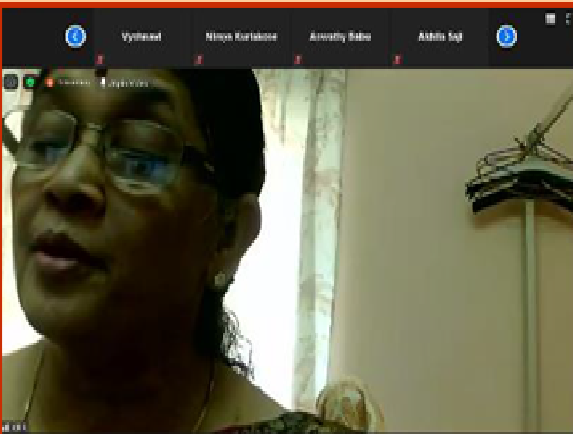
Sharing Professional Experience
Dr. Jothi Clara J Micheal
 Director of Nsg Parkway Health care,
 India Pvt Ltd



Sharing Professional Experience
Dr. Ramachandra
 Former Professor and HOD of Nursing,
 NIMHANS



Motivational speech on
'Prepare for New World'
Mr. Madhu Bhaskaran
 HRD Trainer and Personal Coach



Sharing Professional Experience
Dr. Sudhamani Amma.S
 Retd. Chief Nursing Officer, SCTIMST



Mr. Aneesh R Ravi
 Psychiatric Mental Health Nurse Practitioner
 Veteran's Administration, USA



Ms. Dhanya R Dharan
 Nurse Practitioner, UK

Interactive Session by Alumni

INAUGURAL CEREMONY OF 19th BATCH OF B. Sc. NURSING STUDENTS (2020-2021)

Inaugural Ceremony of 19th batch of B. Sc. Nursing students (2020-21) was conducted on 23-11-2020 virtually. The programme started with welcome speech of Prof. K. T. Moly, Principal, Amrita College of Nursing. Dr. Prem Nair, Medical Director, Amrita Institute of Medical Sciences, Kochi, delivered the Presidential Address. Sampoojya Swami Sri. Poornamritananda Puri, General Secretary, Mata Amritanandamayi Math, inaugurated the function which was followed by his Benedictory address. There was an interactive session of the Principal with the parents.



FACULTY ACHIEVEMENTS / WEBINARS CONDUCTED

Amrita College of Nursing has organized a series of Webinars and training sessions under the guidance of Prof. K T Moly, as the Chief Organizer of the program

1. International webinar on “**Viability of Virtual Examination in Nursing -Introspection**” (Part-I & II) conducted by Amrita College of Nursing, Kochi on 09-10-2020 and 16-10-2020.
2. National Webinar on “**Education, Resilience and continuity in the time of COVID-19 Pandemic**” on 09-12-2020
3. Webinar on “**Virtual clinical learning in Nursing during COVID-19**” on 19th September 2020
4. National webinar on “**Polycystic Ovarian Syndrome (PCOS) in adolescents’-Current Trends and Management**” on 07th November 2020.
5. National Webinar on “**Antimicrobial Resistance: A Growing Concern**” on 18th November 2020.
6. A class on “**Netiquette**” was taken by Prof. K.T Moly on 06-07-2020 for Third Year BSc Nursing students.
7. A webinar on “**Postoperative Management on Bariatric Surgery**” - taken by Prof. K.T Moly for Third Year B.Sc Nursing on 08-07-2020
8. A webinar on “**Sleeved Life-Challenges**” - taken by Prof. K.T Moly for Third Year BSc Nursing on 28-07-2020

PUBLICATIONS

Ms. Mercy Joseph, Ms. Reshma K. Sasi. Effect of facilitated tucking on physiological and behavioural responses to pain among infants receiving vaccination. Indian journal of forensic medicine and Toxicology.27-11-2020.volume.14 No.4 (2020).

ABSTRACT

Objective: To evaluate the effect of facilitated tucking on physiological and behavioural responses to pain among infants between experimental and control group before and after the IM vaccination. **Method:** A quantitative approach with true experimental design and consecutive sampling technique was used in this study. Researcher selected 100 infants up to the age of 6 months receiving IM vaccination in the immunization clinic, AIMS, Kochi, and they were randomly assigned to control and experimental group. Demographic and clinical data were collected using structured interview schedule. Heart rate and SPO2 was monitored 2 minutes prior to the vaccination and facilitated tucking was given to the experimental group before and during the immunization whereas the routine position was given to the control group. The behavioural response was assessed by using neonatal infant pain scale and a physiological response, such as heart rate and SpO2 was assessed after 5 minutes. **Results:** All the subjects in the control group had 100 % severe pain whereas, after the intervention, none of them in the in the experimental group had severe pain.

There was a significant difference in the mean scores of the physiological and behavioural responses between the control and experimental group after the intervention. The nurses or care givers can effectively implement facilitative tucking for reducing pain during vaccination in any setting as it is a very simple and effective technique.

Ambina K¹, Shalimol U.S², Anjana A.P², Quality of life among post CABG Patients. Indian journal of Forensic Medicine & Toxicology (Internet). 2020 Oct 29(cited 2020 Dec.22);9313-20.(December).

STUDENT ACHIEVEMENTS

- Third Year BSc Nursing Students completed the online course of Trained Nurses Association of India (TNAI) on the topic **“Essential Up skilling for Student Nurse on COVID-19 Pandemic Management”** and got E-Certificate of Appreciation through Google Browser on 28-07-2020.
- Third Year BSc Nursing Students got E-certificate for Quiz programme organized by CMS College, Kottayam on the topic **“COVID-19 pandemic management”** on 15-08-2020 to 17-08-2020.
- Third Year B.Sc. Nursing students attended a webinar on **“Breast Cancer - current scenario and challenges in the future”** organized by St. James College of Nursing, Chalakudy on 22-09-2020
- Third Year B.Sc. Nursing students participated in an E-Quiz competition based on **“Mental Health Day Theme-Mental Health for All”** on 12th October conducted by Bishop Benziger College of Nursing, Kollam
- Third Year B.Sc. Nursing Students attended and got certificates of participation for the **National Quiz Championship** organized by qualifier online exam builder.com on 07-11-2020.
- Third Year B.Sc. Nursing Students attended and got certificates for Aryajanani online quiz competition on the theme **“An Ideal Woman”** conducted on 15-11-2020.
- On behalf of the Teachers Day and Literacy Day celebration, Student Nurses Association(SNA) of Amrita College of Nursing Conducted online Competitions, Such as Poem writing, Essay writing and Pencil Drawing on 5th September 2020.

First Prize Winners

Pencil Drawing :Ms. Neethu Vijayan (Fourth Year BSc Nursing-A Batch)

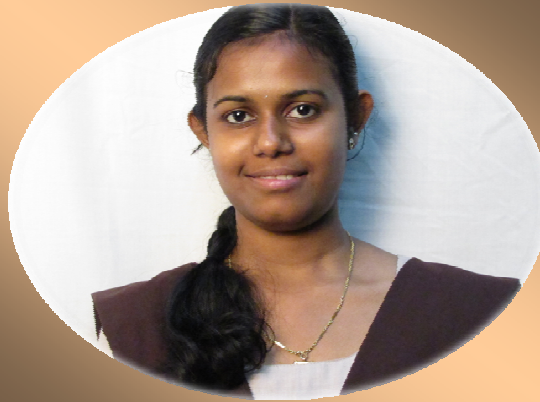
Poem Writing : Ms. Aleena Treesa Biju (Fourth Year BSc Nursing-A Batch)

Poem Writing : Ms. Aiswarya V.T (Second Year BSc Nursing-B Batch)

Essay Writing : Ms. Nimisha Soman (Fourth Year BSc Nursing-B Batch)

Essay Writing : Ms. Haritha Anil (Third Year BSc Nursing-A Batch)

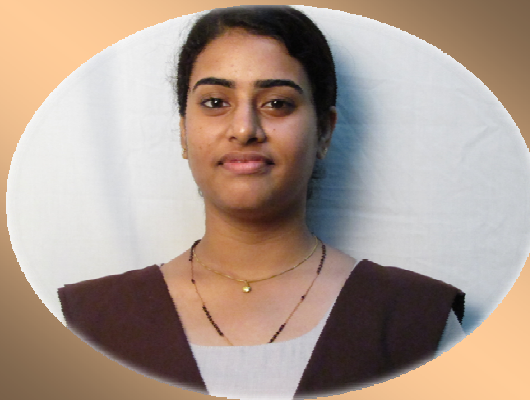
OUR TOPPERS



Anjali S Nair
First Rank, B.Sc Nursing 2016 Batch



Chippy Saseendran
Second Rank, B.Sc Nursing 2016 Batch



Ashly Treasa Jose
Third Rank, B.Sc Nursing 2016 Batch

Though the period July to December 2020 was quite challenging, the faculty and students could highly improve their active skills, making it more lively. Tremendous learning on active teaching, organizing programmes, the issues to encounter and ways to overcome were learned by all.

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Medicine

TOP 400
Engineering



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International Faculty



National Institutional
Ranking Framework
2020

4th Best
University

7th Best
Medical

Institution Of
Eminence
Govt. of India



Our educational system needs
to give equal importance to
the intellect and the heart.

Mata Amritanandamayi

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