New Year Greetings from Amrita College of Nursing...

Another formidable year ahead. Amidst of the challenges posed by the Covid pandemic, Amrita College of Nursing maintained its position among the centres of excellence in the educational field. Online education which was quite new to our circumstances has become a routine practice. As we came closer to the end of this year, the learning situations improved which allowed us to go back to the face to face teaching learning process with time appropriate up gradation in the technology.

We are happy to share the news that we could improve our NAAC Grade from A+ to A++ during the recent accreditation process. Our final year B. Sc Nursing students could successfully complete their examinations on time, when all other colleges in the state lagged behind due to the pandemic. As we almost came back to normalcy, the college witnessed many activities. College anniversary, soft skill training programme and bridge courses are a few among them. We take the opportunity to appreciate Covid warriors among the students for their committed selfless services during the needy hours of the time. Also we could ensure 100% coverage of Covid vaccination among our students and staff. Our faculty could also make commendable achievements in their research and publications during the second half of the year. Many research projects are in the pipeline too.

We expect a more productive year ahead with vibrant activities as we have learned to live with the pandemic. The challenges to repair the wear and tear due to Covid are many especially among the students. Let us face them together.
NAAC SENSITIZATION SESSION

There was an online NAAC Sensitization session for the faculty of Amrita College of Nursing by Dr. Sunil M, Professor & HOD, Department of Child Health Nursing on 16.07.2021. All teaching and non-teaching staff of Amrita College of Nursing attended the session.

COVID AWARENESS PROGRAMME

Amrita College of Nursing organized an online ‘Covid Awareness Session’ for the second, third and fourth year B.Sc nursing students on 28.07.2021 and 29.07.2021. The programme was conducted as three, 30 minute sessions. All the sessions were taken by Mr. Nidhin Elias, HOD & Associate Professor in Community Health Nursing.

ONLINE FACULTY MEETING

Faculty meeting conducted on 6.08.2021 through Google Meet virtual platform. Prof K.T Moly, Principal, Amrita College of Nursing, chaired the meeting. The entire faculty attended the meeting. Review of the present workload of the faculty related to NAAC PRT visit was the main agenda of the meeting.

Each and every object in Nature teaches us something. Renunciation and selflessness are the greatest lessons to learn from Nature.

AMMA
The NAAC 3rd cycle PRT visit to healthcare campus commenced on 12.08.2021. There was an online ‘stakeholder interaction’ with the faculty, non-teaching staff, ALUMNI, students and parents through virtual platform. Ms. Regina Antony, Associate Professor & HOD, Foundations of Nursing was the coordinator for NAAC Sensitization programme. This was followed by NAAC PRT online presentation by Prof K. T Moly. An exhibition was also conducted in connection with the PRT visit from 13.08.2021 to 14.08.2021.

There was an online session for prayer training for the faculty members on 31.08.2021. The resource person was Sri. Hariharan S. Iyer from Brahmastanam.

An online Soft skills training program was organized for the second year B.Sc Nursing students on 31.08.2021. The topic was “Interpersonal skills & communication - effective and assertive communication with patients”. The session was taken by Ms. Smitha Gopalakrishnan, Soft skills trainer, Corporate & Industry Relations, Amrita Vishwa Vidyapeetham. Around 100 students attended the session.

“If you perform your work viewing it as your dharma, your actions become sacred.”
Mata Amritanandamayi
An online session by Sri. Hariharan S. Iyer, Mata Amritanandamayi Math on ‘An introduction to Bhagavat Gita’ was organized by the Cultural Education Committee on 21.10.2021. This was attended by all the faculty members.

The nineteenth anniversary of Amrita College of Nursing was celebrated on 1.11.2021. The programme was presided by Prof K.T Moly, Principal, Amrita College of Nursing. Dr. Dileep Kamat and Dr. Ajoy Menon, Senior Medical Administrators, AIMS were the chief guests for the programme. Sampoojya Swamiji Purnamritananda Puri delivered benedictory address for the function. Dr. Dileep Kamat, Senior Medical Administrator, AIMS released the annual college magazine 2021. There were felicitations by Dr. Ajoy Menon, Professor and Senior Medical Administrator, AIMS and Dr. (Col.) Vishal Marwaha, Principal, Amrita School of Medicine.

Then prizes were awarded to B.Sc and M.Sc nursing students for their academic excellence and for the final year B.Sc nursing students for their dedication and professional commitment during the surge of COVID 19 pandemic. There was an online interactive session for students on ‘Love, relationship and break-up management’ by Dr. Vipin V Roldant, Performance Psychologist, Business Mentor & Celebrity Life Coach, Roldent Rejuvenation, Kalamassery. This was followed by a festivity of music and dance performance by the students of Amrita College of Nursing. The programme came to an end by vote of thanks by Dr. Sunil M, Professor, Amrita College of Nursing.
A Faculty Development Programme on ‘AUMS latest version’ was conducted by Ms. Renju C. R, Amrita Tech on 2.11.2021. All the faculty members both teaching and non-teaching attended the session.

An online bridge course on ‘Nursing management of selected Medical-Surgical Nursing conditions – a reflective and integrated approach’ (40 hours) was conducted for 100 students of second year B.Sc Nursing from 20.10.2021 to 1.11.2021 by the Department of Medical-Surgical Nursing.
BLOOD CANCER AWARENESS

The department of Medical-Surgical Nursing observed the ‘Blood Cancer Awareness month’ on **20.10.2021**. Ms. Nimisha Binu welcomed the gathering and the programme continued with a panel discussion on ‘Familiarizing Yourself With Blood Cancer: Not The Word But The Disease’. This was followed by a quiz competition. The winners of the quiz were Mr. Anoop Mathew Chacko and Ms. Adithya Binesh, second year B. Sc Nursing.

WORLD HEART DAY OBSERVATION

‘World Heart Day-2021’ was observed on **5.10.2021** through an online platform. The second year B. Sc Nursing students organized an awareness programme on the theme of ‘World Heart Day-2021’. A group discussion on ‘digital help and heart care’ and a video presentation on ‘heart-healthy life’ was also done by them. More than 100 participants including the faculty attended the programme.
WORLD LYMPHOMA DAY-2021

‘World Lymphoma Day-2021’ was observed on 15.09.2021. An awareness programme on ‘lymphoma’ was organized by third year B. Sc Nursing students. The Chief Guest and the resource person was Dr. Wesley M Jose, Clinical Associate Professor, Medical Oncology, Cardio-oncology clinic, Amrita Institute of Medical Sciences, Kochi. At the end of the talk, there was an interactive session with the students on the topic.

WORLD HEART DAY WALKATHON

There was a walkathon on 20.9.2021 organized by second year B. Sc nursing students as part of World Heart Day celebration. Around 100 students along with the faculty from depart of medical surgical nursing attended the programme.
WORLD BREAST CANCER DAY—2021

World Breast Cancer Day 2021 was observed on 30.10.2021. There was an expert talk on ‘Screening in breast cancer: challenges in low- and middle-income countries’ by Dr. Vijaykumar D.K, Clinical Professor & Head-Surgical Oncology (Breast diseases division), Amrita Institute of Medical Sciences, Kochi. The talk was followed by a panel discussion by the faculty of Medical-Surgical Nursing department on the topic ‘Breast Cancer – risk factors, signs & symptoms, screening, myths and facts’. The Panelists were Mr. Athul Dev T, Assistant Professor, Ms. Sherin Ann Jony, Lecturer and Mr. Vishnu M, Nursing Tutor and the moderator of the panel was Dr. Elizabeth A. J, Associate Professor. The second year B.Sc Nursing students and faculty of Amrita College of Nursing attended the programme.

WORLD AID S DAY

World Aids Day was observed on 1st December 2021 to raise the awareness on HIV infection. The event was flagged on by Prof. Sheela Pavithran, Vice Principal, HOD Department of Medical Surgical Nursing through an inaugural address, the theme of the year “End Inequalities, End AIDS” was revealed. The programme was hosted by students from Second year B.Sc. Nursing. In connection with the AIDS day awareness, a flash mob was also performed by the students which focused on spreading the theme to public.
World Breast Feeding Week was observed on 7.08.2021 at, AIMS hospital, Kochi. The programme was conducted by the third year B. Sc Nursing students of Amrita College of Nursing. Dr. Jayakumar C, HOD, Paediatrics, AIMS, Kochi was the Chief Guest for the programme. The welcome speech was delivered by Ms. Vidhya Anna Koshi, third year B. Sc Nursing student. The theme of the Breast Feeding week- ‘Protect Breast feeding: A Shared Responsibility’ was revealed by Ms. Divya Charly, third year B.Sc Nursing student. Presidential address was given by Prof (Dr) Sunil M, HOD Child Health Nursing, Amrita College of Nursing, and key note address by Dr. Jayakumar C, HOD, Dept. of Paediatrics. A health education session on breast feeding was given by Ms. Roshni Thomas and Ms. Anakha Sasank, third year B. Sc Nursing students. During the occasion a song was dedicated to Amma, Mata Amritanandamayi Devi, by Ms. Honey Mol Shaji, third year B. Sc Nursing student. The programme ended with a vote of thanks by Ms. Aleena Alexander, third year B.Sc Nursing student.

WORLD BREAST FEEDING WEEK 2021

In connection with the observation of World Breast Feeding Week 2021, Dept of OBG Nursing organized an awareness program with the collaboration of Dept. of Obstetrics and Gynaecology, highlighting the theme of the Breast Feeding week- ‘Protect Breast feeding: A Shared Responsibility’ on 6.08.2021 at Gynaecology OPD, AIMS. Kochi. Dr Radhamany K, Professor, HOD Dept. of Obstetrics and Gynaecology, inaugurated the session. The third year, B.Sc Nursing students conducted an educational skit for the postnatal mothers.

POLYCYSTIC OVARIAN SYNDROME

As a part of Polycystic Ovaryaian Syndrome (PCOS) awareness month-September 2021, a virtual awareness programme for the first and second year B.Sc nursing students of Amrita College of Nursing was organized by the Department of Obstetrics and Gynecological Nursing. The programme was conducted by the third year B.Sc Nursing students on 24.09.2021. The programme included an awareness session on PCOS, sharing of lived-in experiences of students with PCOS and video presentation on lifestyle modifications for PCOS. About 160 B.Sc Nursing students participated in the session.
The dept. of Community Health Nursing observed ‘World Hepatitis Day’ through online on 7.08.2021. The programme was conducted by fourth year B.Sc Nursing students. Twenty members from 10 families participated in this programme. Ms. Aleena Treesa Biju, fourth year B. Sc Nursing welcomed the participants. The theme of ‘World Hepatitis Day 2021-Hepatitis Can’t Wait’ was revealed by Ms. Anju Rajesh of fourth year B.Sc Nursing. A group health education on ‘hepatitis and its prevention’ was provided by fourth year B.Sc Nursing students for the families. Following that, there was an informative puppet show and video presentation on Hepatitis.
WORLD FIRST AID DAY

As a part of the observation of World First Aid Day 2021, the department of Foundations of Nursing, Amrita College of Nursing conducted a First aid box challenge- to prepare a first aid box at home for personal use and virtual poster presentation on first aid & road safety for the first year B.Sc Nursing students. The students did a video presentation on first aid kit. Collages and posters on first aid and road safety were also displayed.

NATIONAL NUTRITION WEEK

National Nutrition Week 2021 was observed on 30.10.2021 by the first year B.Sc. Nursing students. The programme was based on the theme 'feeding smart right from start'. The objective of the programme was to raise awareness about nutritional and adaptive eating habits. The programme commenced with welcome speech by Ms. Sneha R, first year B. Sc nursing student, followed by revelation of theme by Bri. Dr. Nivedita, HOD, Dept of Clinical Nutrition, AIMS, Kochi. The programme continued with a video presentation by the first year B.Sc. Nursing students on healthy food recipes and its preparation. As a part of the programme, a poster and quiz competition was also conducted.
As a part of the observation of Alzheimer’s Day an online programme was conducted in collaboration with ARDSI (Alzheimer’s and Related Disorders Society of India). The third year B.Sc. Nursing students hosted the programme. The highlight of the programme was the revealing of the theme ‘**Know Dementia, Know Alzheimers**’ by the Chief Guest Dr. Robert Mathew (Former HOD of Neurology Dept.Govt. Medical College, Alappuzha and Joint secretary general ARDSI). A quiz and poster competition were also conducted in connection with this programme. A thematic health education video was presented on “How to take care of a patient with Alzheimer’s Disease” by the third year BSc Nursing students.
An online bridge course on ‘Psychopharmacology’ (15 hours) was conducted for 96 students of third year B.Sc Nursing of 17th Batch from 7.09.2021 to 10.09.2021.

The department of Mental Health Nursing observed the ‘World Mental Health Day 2021’ along with the Department of Psychiatry, Amrita Institute of Medical Sciences, Kochi on 10.10.2021. As a part of the programme, essay writing, poster creation and video presentation competitions were conducted in the Healthcare campus. The students of Amrita College of Nursing bagged many prizes.
The following FDP were conducted during the second half of 2021

<table>
<thead>
<tr>
<th>SL NO</th>
<th>DATE</th>
<th>TIME</th>
<th>NAME</th>
<th>TOPIC</th>
<th>PLATFORM</th>
<th>REMARKS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>14-07-21</td>
<td>2:30 PM - 3 PM</td>
<td>Mr. Nidhin Elias, (HOD &amp; Associate Professor, Community Health Nursing)</td>
<td>Virus Eat World</td>
<td>Google Meet</td>
<td>38 Faculty of Amrita College of Nursing attended the session.</td>
</tr>
<tr>
<td>2.</td>
<td>8.09.21</td>
<td>2:30 To 3:30PM</td>
<td>Lt. Col (Dr) Ajee K.L (Professor, Dept of Foundations of Nursing)</td>
<td>Job description in a college of Nursing</td>
<td></td>
<td>36 Faculty of Amrita College of Nursing attended the session.</td>
</tr>
<tr>
<td>3.</td>
<td>29.09.21</td>
<td>2:30 To 3:30PM</td>
<td>Ms. Anisha V (Lecturer, Dept of Foundations of Nursing)</td>
<td>Systemic review and referencing</td>
<td></td>
<td>36 Faculty of Amrita College of Nursing attended the session.</td>
</tr>
<tr>
<td>4.</td>
<td>20.10.21</td>
<td>2:30 To 3:30PM</td>
<td>Ms. Manju V (Asst Professor, Dept of Medical-Surgical Nursing)</td>
<td>Artificial Intelligence in Healthcare</td>
<td></td>
<td>38 Faculty of Amrita College of Nursing attended the session.</td>
</tr>
</tbody>
</table>
CONGRATULATIONS TO DR. K T MOLY

Prof K T Moly, Principal, Amrita College of Nursing, was conferred the degree of Doctor of Philosophy by the Amrita Vishwa Vidyapeetham, Deemed to be University for her thesis titled “Quality of life after Bariatric Surgery” on 22.12.2021

Congratulations....

FACULTY ACHIEVEMENTS – PUBLICATIONS


**STUDENT ACHIEVEMENTS**

‘National Pharmacovigilance Week was celebrated from 17.09.2021 to 23.09.2021. The winners of the various competitions were:

<table>
<thead>
<tr>
<th>Quiz Competition</th>
<th>Third Prize</th>
<th>Ms. Krishnendhu P. H</th>
<th>Ms. Roshni Thomas</th>
<th>Third year B.Sc Nursing-B Batch</th>
</tr>
</thead>
<tbody>
<tr>
<td>E-poster Competi-tion</td>
<td>Consolation Prize</td>
<td>Ms. Aiswarya K</td>
<td>Ms. Soumya Unnikrishnan</td>
<td>Ms. Sona Joy</td>
</tr>
</tbody>
</table>
As a part of ‘Teachers’ Day & International Literacy Day 2021’ observation, online competitions on light music, pencil drawing, slogan writing – English & Malayalam Recitation were conducted on 5th and 6th September 2021.

### LIGHT MUSIC

<table>
<thead>
<tr>
<th>First Prize</th>
<th>Second Prize</th>
<th>Third Prize</th>
</tr>
</thead>
</table>
| Ms.Honeymol Shaji  
Third year B.Sc Nursing  
B Batch | Ms.Apsara Prathap  
First year B.Sc Nursing  
A Batch | Ms.Abhirami Das  
Third year B.Sc Nursing  
A Batch |

### SLOGAN WRITING COMPETITION- Malayalam

<table>
<thead>
<tr>
<th>First Prize</th>
<th>Second Prize</th>
</tr>
</thead>
</table>
| Ms.Haritha Anil  
Third year B.Sc Nursing  
A Batch | Ms.Parvathy Prasad  
Fourth year B.Sc Nursing  
B Batch |
### SLOGAN WRITING COMPETITION - English

<table>
<thead>
<tr>
<th>First Prize</th>
<th>Second Prize</th>
<th>Third Prize</th>
</tr>
</thead>
</table>
| Ms. Dharsana S Kumar  
Second year B.Sc Nursing –  
A Batch | Ms. Athira A  
Third year B.Sc Nursing  
A Batch | Ms. T.A. Gowri Parvathy  
First year B.Sc Nursing  
A Batch |

### PENCIL DRAWING

<table>
<thead>
<tr>
<th>First Prize</th>
<th>Second Prize</th>
<th>Third Prize</th>
</tr>
</thead>
</table>
| Ms. Anupriya C.P  
Second year B.Sc Nursing  
A Batch | Mr. Sudheesh S  
First year B.Sc Nursing  
A Batch | Mr. Anoop Mathew Chacko  
Second year B.Sc Nursing  
A Batch |

### POEM RECITATION - Malayalam

<table>
<thead>
<tr>
<th>First Prize</th>
<th>Second Prize</th>
<th>Third Prize</th>
</tr>
</thead>
</table>
| Ms. Ananthalakshmi K.A  
Second year B.Sc Nursing  
B Batch | Ms. Dharsana S Kumar  
Second year B.Sc Nursing  
A Batch | Ms. Aparna Rajesh  
Second year B.Sc Nursing  
A Batch |
Cygnia Health care conducted a Mega Quiz in connection with Annual patient safety 2021 for nursing students on 18.09.2021. The winners were:
As a part of ‘World Mental Health Day 2021’ observation, online competitions on essay writing, poster and video presentations were conducted. The winners of the competition were:

1. **Essay writing- First Prize**
   Ms. Aleena Treesa Biju, fourth year B.Sc Nursing.

2. **Poster presentation - First Prize**
   Ms. Anupriya C.P, second year B.Sc Nursing.

   **Consolation Prizes**
   Ms. Megha P.G, third year B.Sc Nursing
   Ms. Arathy K.S, second year B.Sc Nursing

3. **Video presentation-First Prize**
   Ms. Devika S & team, third year B.Sc Nursing

As a Part of Observation of **World AIDS day 2021**, A slogan writing competition was organized on the theme “End Inequalities, End AIDS” at Amrita College of Nursing, Kochi. The winners were:

1st **Prize:** Ms. Aiswarya K (3rd Year B.Sc. Nursing-B batch)

2nd **Prize:** Ms. Jewel Jose (2nd year B.Sc. Nursing-A batch)

3rd **Prize:** Ms. Aishwarya V T (2nd year B.Sc. Nursing-B batch) & Ms. Gayathri D Manoj (3rd year B.Sc. Nursing-A batch)

Even though the sun is far away, the lotus flowers still bloom in its effulgence.
In true love, there is no distance.

*Amma*
INDEPENDENCE DAY - 15 AUGUST 2021

The first year B.Sc Nursing students of Amrita College of Nursing prepared an online presentation on **15.08.2021**. The presentation included 2 short videos- first video was a role play about how independence day was celebrated before the pandemic and a second video briefing on the freedom struggles and paying respect to freedom fighters. The video presentation also portrayed the posters prepared by the students on the relevance of independence in current scenario.

INTERNATIONAL LITERACY DAY 2021 & TEACHERS’ DAY 2021

Student Nurses’ Association Unit of Amrita College of Nursing observed the International Literacy & Teachers’ Day 2021 through online on **9.09.2021**. The presidential address was delivered by Prof K.T. Moly, Principal, Amrita College of Nursing. The second year B.Sc Nursing students organized a variety of online entertainment programs. The programme included speech by Ms. Dharsana S. Kumar, group song by Ms. Sreelekshmi Balakrishnan and team, speech on experience and memories with teachers by Ms. Anly A. Varghese, a video presentation on importance of literacy by Ms. Soumya Unnikrishnan & team.
SNA EXECUTIVE MEETING

There was an online SNA Unit executive meeting on 4.11.2021. Ms. Sarika T. K, Assistant Professor & SNA Unit Advisor chaired the meeting. A second meeting was conducted on 12.11.2021 to select the new office bearers for the year 2022

<table>
<thead>
<tr>
<th>Post</th>
<th>New Office Bearers</th>
<th>Batch</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vice President</td>
<td>Ms. Sreelakshmi E R</td>
<td>III Year B . S c Nursing (A Batch)</td>
</tr>
<tr>
<td>Secretary</td>
<td>Ms. Dharshana S Kumar</td>
<td>II Year B . S c Nursing (A Batch)</td>
</tr>
<tr>
<td>Programme Committee Chairperson</td>
<td>Ms. Bhagyasree M B</td>
<td>II Year B . S c Nursing (B Batch)</td>
</tr>
<tr>
<td>Assistant Programme Committee Chairperson</td>
<td>Mr. Hari Krishna</td>
<td>I Year B . S c Nursing (B Batch)</td>
</tr>
<tr>
<td>Treasurer</td>
<td>Ms. Gayathri D Manoj</td>
<td>III Year B . S c Nursing (A Batch)</td>
</tr>
<tr>
<td>Ex Officio</td>
<td>Ms. Aleena Alexander</td>
<td>III Year B . S c Nursing (B Batch)</td>
</tr>
</tbody>
</table>

Congratulations to all new office bearers....
REMAIN A BEGINNER,
LIKE A CHILD ENDOWED WITH TREMENDOUS
HUMILITY, PATIENCE AND FAITH.
SUCH SHOULD BE OUR ATTITUDE TOWARDS
THE EXPERIENCES LIFE BRINGS TO US.
THEN WE WILL KEEP ON LEARNING.
FOR THE MIND TO GROW AND BECOME
AS BIG AS THE UNIVERSE, WE SHOULD
FIRST BECOME A CHILD.

Amma