



Late. **Shri. P. K. Das**
Founder Chairman
Nehru Group of Institutions



Adv. Dr. P. Krishnadas
Honorary Trade Commissioner of
Mauritius - India,
Chairman & Managing Trustee, NGI



Dr. P. Krishnakumar
CEO & Secretary,
Nehru Group of Institutions



Mrs. Sumitha Krishnadas
Correspondent,
Nehru Group of Institutions

New Leadership and Campus Enhancements

Exciting Student Union Election 2024 Concludes with New Leadership Team!

The eagerly awaited Students Union Election 2024 took place on July 02, 2024, at 1:30 PM in the PK Das College of Nursing Auditorium, with enthusiastic participation from students across all four batches. The election, held for various key positions, saw a smooth voting process followed by counting on the same day. The newly elected leaders include Mohammed Tharique as Chairperson, Blessy Biju as Vice Chairperson (General), and Liviya C. Wilson as Vice Chairperson (Women). Other winners were Anjana C R (Union Counsellor), Robinson George (Joint Secretary), Mohammed Fayas (General Secretary), Adil Mohammed (Secretary Fine Arts), Johns Alias (Secretary Sports), and Agraja T G (Magazine Editor). The newly elected class representatives are Anirudh (Sem II), N. Shajin (Sem IV), Aryananda Ajayakumar (Sem V), and P M Mridula (IV Year). The event marked a significant moment for the institution as students came together to choose their representatives for the upcoming academic year.



Welcoming Leadership: New Principal Appointment



The management and staff of our college came together on August 20, 2024, to extend a heartfelt welcome to Prof. Priya Mary Stella as the new Principal. The ceremony, graced by M. Srinivas, Statutory Manager of NGIK, V. Suresh Kumar, Co-Public Relations & Communication, and Prof. Dr. Ariyalakshmi B, Vice Principal, along with the entire college staff, marked the beginning of an exciting new era. The college community eagerly anticipates a vibrant and successful journey under Prof. Priya Mary Stella's inspiring leadership.

New Beginnings: Induction Ceremony

Our college celebrated a milestone on October 29, 2024, with the Induction Ceremony for the XIII Batch of B.Sc. Nursing and II Batch of M.Sc. Nursing students, ushering in a new chapter for aspiring nurses. The event, filled with inspiration and warmth, marked the start of their transformative journey in nursing education. Dr. Priya Mary Stella, Principal, delivered a heartfelt welcome address, setting an encouraging tone. Dr. Satish G. Prabhu, Principal of PKDIMS, gave the inaugural address, followed by a presidential address from Adv. Dr. P. Krishnadas, Honorary Trade Commissioner of Mauritius-India and Chairman & Managing Trustee of NGI. Dr. P. Krishnakumar, CEO & Secretary of NGI, inspired the audience with a keynote address, while Mr. Parthasarathi R, Consultant Psychologist from Manomithra Psychiatric Care & Counselling Centre, shared a special address. Felicitations came from Dr. R. C. Krishnakumar, Director (Operations) at PKDIMS, Mrs. Sumitha Krishnadas, Correspondent of NGI, and Dr. H. N. Nagaraja, Executive Director of Academics & Administration at NGI. Adding a touching moment, the first-year students expressed their gratitude with a thoughtful gesture of appreciation, making the ceremony deeply memorable.



A New Hub: Angels Bite Cafeteria Opening

Our college community celebrated a delicious milestone with the grand opening of the Angels Bite Cafeteria on November 28, 2024. The vibrant event was graced by Adv. Dr. P. Krishnadas, our Hon'ble Chairman and Managing Trustee, who officially inaugurated the cafeteria. Joining him were Dr. R.C. Krishnakumar, Director of Operations at PKDIMS, Dr. Sumitha Krishnadas, Correspondent of NGI, Dr. H.N. Nagaraja, Executive Director, Dr. Radhakrishnan, Advisor, and Dr. Priya Mary Stella, Principal, alongside teaching and non-teaching staff, the project team, and enthusiastic students. This new space promises to be a hub of nourishment and connection for our college community, serving up delightful meals and fostering memorable moments.

Faculty Spotlight

Elevating Excellence: Faculty Development Program on Quality Nursing Education

A transformative Faculty Development Program (FDP) took place in our college auditorium on November 29, 2024, focusing on enhancing quality practices in nursing education. The session, led by Dr. Tholkappia Arasu Govindarajan, CEO of Aassan Educare Foundation, commenced at 10:00 AM with a warm welcome address by Principal Prof. Dr. Priya Mary Stella. In today's fast-evolving healthcare landscape, the need for skilled and compassionate nursing professionals is paramount. Nursing educators are at the forefront of this mission, equipping students with the knowledge, ethics, and skills required for exceptional patient care. Dr. Govindarajan, a seasoned Senior Advisor with extensive experience in higher educational management, delivered an insightful presentation on educational technology, instructional design, and team building. His session on quality practices illuminated the accreditation process, offering fresh perspectives and practical tools to elevate teaching in classrooms and clinical settings. The interactive program addressed all audience queries, fostering a dynamic exchange of ideas. Prof. Dr. Ariyalakshmi B., IQAC Coordinator, concluded the event with a heartfelt vote of thanks, wrapping up the enriching session at 1:00 PM.



Starting with a minute silent prayer set a reflective tone for an insightful seminar on hospital practice guidelines held in our college on November 30, 2024. Prof. Dr. Priya Mary Stella inaugurated the event, introducing the critical role of standardized practices in healthcare. Mrs. Heera S., Chief Marketing Officer at PKDIMMS, provided an engaging overview of the hospital's history, while Mr. Jayaraj U.K. from the Marketing Department detailed the functions of various hospital departments and highlighted their Corporate Social Responsibility initiatives. Ms. Linsy Mano captivated the audience with an in-depth explanation of nursing procedures performed in the hospital, showcasing their vital contribution to patient care. In today's fast-evolving healthcare landscape, hospitals are pivotal in delivering safe, efficient, and high-quality services, making adherence to evidence-based guidelines, legal standards, and ethical principles paramount. Students actively participated in an interactive session, gaining valuable insights into hospital operations. The audience was thoroughly impressed by the clarity and depth of the presentations. A lively entertainment program added a joyful close to the day, and Dr. Ariyalakshmi B., Vice Principal, delivered a heartfelt vote of thanks, concluding the seminar at 4:00 PM.

Mastering Healthcare Excellence: Seminar on Hospital Practice Guidelines

A transformative talk on "Nurturing Health, Sustaining the Earth: The Role of Green Nursing" took place in our college on November 30, 2024, igniting inspiration among attendees. The program began with a minute of silent prayer, setting a reflective tone. At 10:00 AM, Mrs. Rani G.S., Assistant Professor, delivered a warm welcome speech, followed by felicitations from Prof. Priya Mary Stella, our Principal, and Mr. Sreenivasan, Principal Coordinator of NGL. The session, led by Dr. A.P. Jayaraman, a globally renowned scientist from BARC, captivated the audience with its innovative exploration of green nursing. Attendees were deeply engaged, eagerly clarifying their doubts during the interactive discussion. The event concluded at 11:30 AM with Prof. Dr. Regina P.F. expressing heartfelt gratitude to the speaker and participants, leaving everyone inspired to embrace sustainable practices in nursing.

Revolutionizing Campus Operations: ERP Software Training Empowers Faculty

On the afternoon of 24/04/2025, faculty members at the institution underwent an intensive training session on a cutting-edge ERP (Enterprise Resource Planning) software, designed to streamline and enhance core administrative and academic operations. The session, held at 2 PM on campus, equipped educators and staff with the tools to integrate multiple functions—such as attendance, grading, resource allocation, and finance—into a single, unified system for seamless management.



Key Benefits of the ERP Implementation:

- **Efficiency Boost:** Automates routine tasks, reducing manual workload and minimizing errors.
- **Centralized Data:** Provides real-time access to critical information, improving decision-making.
- **Enhanced Collaboration:** Facilitates smoother communication between departments, fostering better coordination.
- **Scalability:** Adapts to the growing needs of the institution, ensuring long-term sustainability.
- **Data Security:** Implements robust safeguards to protect sensitive institutional and student data.
- **User-Friendly Interface:** Simplifies navigation, ensuring quick adoption by faculty and staff.

The training marks a significant step toward digital transformation, empowering the academic community to leverage technology for smarter, faster, and more transparent operations. With this upgrade, the institution is poised to elevate productivity, reduce redundancies, and deliver a more connected campus experience.

Green Nursing: Healing People, Saving the Planet



The second day, November 19, began at 9:00 a.m. with sessions covering Criteria 5 through 8, each led by dedicated criterion heads. In the afternoon, Mr. Srinivasan M., Principal Coordinator from Nehru Group of Institutions, shared valuable updates on the NAAC process, enriching the audience's understanding. The National Assessment and Accreditation Council (NAAC) is pivotal in elevating the quality of nursing education in India, serving as a benchmark for excellence. For nursing colleges, NAAC accreditation is vital, given the healthcare sector's critical role in public health and well-being. Students actively participated, eagerly clarifying doubts and soaking in the knowledge. The workshop concluded with a post-test and a valedictory session, where Prof. Dr. Ariyalakshmi B., IQAC Coordinator and Vice Principal, extended a heartfelt vote of thanks. The event wrapped up at 4:30 p.m., leaving participants inspired and better equipped to navigate the accreditation landscape.

International Workshop on Higher Education Accreditation

PKDCN Auditorium buzzed with knowledge and enthusiasm during a two-day International Workshop on "Accreditation Process of Higher Education Institutions" held on November 18 and 19, 2024. The event commenced with a soulful prayer song, followed by a pretest to gauge participants' understanding. Lt. Col. Prof. Dr. Regina P.F., NAAC Coordinator, delivered a warm welcome to dignitaries and attendees, setting the stage for an insightful experience. Prof. Dr. Priya Mary Stella, Principal of PKDCN, inaugurated the workshop, offering a concise overview of the accreditation process.

On the first day, November 18, expert criterion heads led in-depth discussions on Criteria 1 through 4, engaging participants with clarity and expertise. The afternoon featured an international perspective from Mrs. Daisy Rani Irudayarajan, Junior In-Charge at Royal Free London, NHS Foundation Trust, who highlighted the significance of NABH accreditation in healthcare.

The second day, November 19, began at 9:00 a.m. with sessions covering Criteria 5 through 8, each led by dedicated criterion heads. In the afternoon, Mr. Srinivasan M., Principal Coordinator from Nehru Group of Institutions, shared valuable updates on the NAAC process, enriching the audience's understanding. The National Assessment and Accreditation Council (NAAC) is pivotal in elevating the quality of nursing education in India, serving as a benchmark for excellence. For nursing colleges, NAAC accreditation is vital, given the healthcare sector's critical role in public health and well-being.

Students actively participated, eagerly clarifying doubts and soaking in the knowledge. The workshop concluded with a post-test and a valedictory session, where Prof. Dr. Ariyalakshmi B., IQAC Coordinator and Vice Principal, extended a heartfelt vote of thanks. The event wrapped up at 4:30 p.m., leaving participants inspired and better equipped to navigate the accreditation landscape.

Students Achievements

Honoring Achievements: VIII Batch Passing Out Ceremony

The graduation ceremony for the VIII batch of B.Sc. Nursing students at our college was a heartfelt celebration of the accomplishments of 55 graduates. Held on July 6, 2024, at 10:00 AM in the beautifully decorated college auditorium, adorned with vibrant floral arrangements and congratulatory banners, the event radiated pride and joy. Adv. Dr. P. Krishnadas, Chairman and Managing Trustee of NGI, delivered an inspiring presidential address, while Dr. Sreenivasan G., Principal, presented the college's annual report. The ceremony's



pinnacle was the passing-out ritual and degree conferment, led by Chief Guest Dr. M.A. Andrews, Principal of PKDIMS, and Guest of Honour Dr. Jayanthi M.R., Principal of Govt. College of Nursing, Palakkad, a distinguished academician and alumna of Kozhikode Govt. Nursing College. Each graduate received their degree to resounding applause from faculty, family, and friends. Dr. Jayanthi's address inspired the graduates, urging them to excel in their nursing careers with dedication and compassion. Awards were presented by Dr. M.A. Andrews and Dr. Jayanthi, recognizing Anit Emmanuel for academic excellence, Annaina J. Tom as the best outgoing student, and Renjima M.R. for outstanding clinical performance. Prof. A. Priya Mary Stella, Vice Principal, opened the event with a warm welcome, praising the graduates' hard work, while Lt. Col. Dr. Prof. Regina P.F. expressed gratitude to all for making the day a grand success. The ceremony concluded with the National Anthem, followed by a recession, leaving the graduates with cherished memories and a bright future ahead.

Unlocking Knowledge: Library Orientation Program 2024



The 2024 UG and PG batch students embarked on an enlightening journey through our college library during a vibrant orientation program held on November 2, 2024, at 10:00 AM. The librarian guided students through the wealth of resources and facilities available, offering a hands-on demonstration of accessing the digital library, e-journals, and e-books. Prof. Dr. Priya Mary Stella, our Principal, inspired students to fully utilize these tools to enhance their learning. Prof. Dr. Ariyalaksmi, Vice Principal, delivered an engaging talk on the significance of digital libraries and their practical applications. The session, brimming with insights, concluded at 11:00 AM, leaving students eager to explore the library's offerings.

Reflective Growth: Webinar on Nursing Practice



Our college hosted an enlightening webinar on Reflective Practice in Nursing on December 2, 2024, at 3:00 PM, led by Prof. Gaye Witney, an Australian Registered Nurse with a Master's in Training and Development and a Graduate Certificate in Aged Care Nursing. The session delved into the vital role of reflective practice in nurturing personal and professional growth for nurses. It highlighted how reflection enhances clinical decision-making, improves patient outcomes, and fosters lifelong learning in the nursing profession. Students actively participated in an engaging Q&A session, sharing their experiences and exploring solutions to common challenges. Through case study analyses, the webinar illustrated the real-world impact of reflective practices. The event concluded with a powerful call to integrate reflection into daily routines to boost professional competence and patient care quality. Attendees praised the session for its practical strategies and relevance in addressing the demands of modern healthcare, expressing enthusiasm for applying these insights in their practice.

Cervical Cancer Elimination Day Poster Competition

A poster competition was held at PKDCN as part of Cervical Cancer Elimination Day on November 18, 2024, at 1:30 p.m. The event was inaugurated by Prof. Dr. A. Priya Mary Stella, Principal of PKDCN, followed by a briefing on the topic by Asso. Prof. Dana Baby. Students from all batches participated enthusiastically, with 27 entries. Miss Lavanya Sivan (Semester VI), Miss Nandhana.K.T (Semester V), and Miss Amrutha.M.S (Semester III) secured the first, second, and third prizes, respectively. Ms. Yamunadevi delivered the vote of thanks. The event concluded at 4:30 p.m.

Breast Cancer Awareness Program Engages Students at Swathy Central School

On October 25, 2024, from 11:00 a.m. to 1:30 p.m., fourth-year B.Sc. Nursing students from PKDCN, under the coordination of the Department of Obstetric and Gynecological Nursing, conducted an impactful awareness program on breast cancer at Swathy Central School, Panayur, Vaniyankulam. Targeting high school students, the event aligned with Breast Cancer Awareness Month.

Mr. Shaji K Thayil opened the session with a warm welcome and emphasized the significance of observing October as Breast Cancer Awareness Month. The program covered key topics, including causes, breast self-examination, treatment options, and preventive exercises, with engaging demonstrations by students Aleena Jaimon and Anjana Unni. The informative session captivated the audience, fostering greater awareness.

Ameya, the school leader, along with other students, shared thoughtful feedback, reflecting the program's success. Mrs. Dana Baby concluded the event with a heartfelt vote of thanks, wrapping up a meaningful and educational initiative.

Insightful Awareness Program on Sexual and Reproductive Health

On Thursday, February 27, 2025, Lecture Hall I at PKDCN became the venue for an enlightening awareness program on Sexual and Reproductive Health, specifically for I Semester B.Sc. Nursing students. The session, which began at 2:30 p.m., was inaugurated by Prof. Dr. A. Priya Mary Stella, Principal of PKDCN. Lt. Col. Dr. Regina P.F. introduced the esteemed resource person, Dr. C.H. Mini, Professor and Head of the Obstetrics & Gynaecology Department at PKDIMS.

Dr. Mini delivered an in-depth presentation on various facets of sexual and reproductive health, emphasizing its critical importance for the younger generation. The engaging session allowed students to gain valuable insights, with ample opportunity to clarify doubts. The program, which proved highly beneficial for the attendees, concluded at 4:00 p.m. with a vote of thanks by Lt. Col. Dr. Regina P.F., leaving a lasting impact on the participants.

PKDCN and Lions Club Erumapetty Celebrate World Peace Day with Poster Competition

In partnership with Lions Club Erumapetty, PKDCN hosted a vibrant poster competition on 5th Oct. 2024 to commemorate World Peace Day. The event saw enthusiastic participation from Semester VI students. Prof. Priya Mary Stella, Principal of PKDCN, inaugurated the program, setting an inspiring tone. Lt. Col. Dr. Regina P.F.,



President of Erumapetty Lions Club, highlighted the importance and significance of World Peace Day. Students showcased their creativity with fervor, and the top three posters were awarded as winners, marking a meaningful celebration of peace.

Research Publications/ Journal Publications:

ISSN CODE	TOPIC	NAME OF THE AUTHORS	NAME OF THE JOURNAL PUBLISHED	YEAR OF PUBLISHING
ISSN Print: 2664-9187 ISSN Online: 2664-9195	The impact of sustainable development goals on healthcare and nursing care delivery: A comprehensive review article	Lt Col Regina PF, Dana Baby	International Journal of Nursing and Health Sciences	2025
pISSN 2394-6032 eISSN 2394-6040	Contemporary image of nursing profession as perceived among undergraduate students at selected college of Jamuhar, Rohtas (Bihar): an explorative cross-sectional study	Lt Col Regina PF	International Journal of Community Medicine and Public Health	2025
ISSN 2455-7587	Achieving Universal Health Coverage (UHC) by promoting health equity and sustainable development, through Ayushman Bharat in India.	Lt Col Regina PF	International Journal of Science and Healthcare Research	2025
ISSN 2349-9249	A study to evaluate the effectiveness of structure teaching programme on knowledge regarding care of burns patients among caregivers of clients who is suffering from burns in selected hospitals at Bangalore, Karnataka.	Mrs. Lakshmidevi U, Mrs. Sruthi M	TIJER- International Research Journal	2025
ISSN 2349-9249	Knowledge and attitude regarding lifestyle modification and prevention of stroke among patients with hypertension.	Mrs. Sruthi M, Mrs. Lakshmidevi U	TIJER- International Research Journal	2025
eISSN: 2980-9711	The role of nursing staff during terrorist conflicts	Mr. Liju James	Journal of Nursing Reports in Clinical Practice	2025
ISSN 2455-3662	Breaking the stigma- empowering communities through mental health literacy	Mr. Liju James	EPRA international Journal of Multidisciplinary Research (ijmr)	2025
ISSN 2349-9249	Assess The Effectiveness Of Instructional Modules On Knowledge Regarding Challenges Faced By Rural Community People On Cancer Preventive Measures Among People Living In The Selected Community, Palakkad	Prof. Zaina Elizabeth Jose, Mrs. Rose Jose, Mr. Nowfel P.M, Mrs. Shincy.K	Tijer - International Research Journal	2025
ISSN 2349-9249	Assess The Effectiveness Of Instructional Modules On Knowledge Regarding Challenges Faced By Rural Community People On Cancer Preventive Measures Among People Living In The Selected Community, Palakkad	PROF. ZAINA ELIZABETH JOSE, Mrs. ROSE JOSE, Mr. NOWFEL P.M, Mrs. SHINCY.K	TIJER - INTERNATIONAL RESEARCH JOURNAL	2024
ISSN 2456-2165	Cancer Awareness and prevention among teachers in selected schools	Dr. A Priya Mary Stella	International Journal of Innovative Science and research Technology	2024
ISSN 2455-6424	Assess the knowledge Regarding Reproductive Health among first semester B.Sc Nursing Students in selected college, Vaniyamkulam.	Rani G.S, Lt Col Regina PF	International Journal of Obstetrics, perinatal and Neonatal Nursing	2024
ISSN 2349-5162	A study to Evaluate the effect of planned teaching programme on knowledge regarding and of life care among student nurses in selected college of Palakkad district.	Aswani. B, Lt Col Regina. PF	Journal of Emerging Technologies and Innovative Research	2024
DOI (Journal): 10 37591/IJONNP	Evaluating Breast Self examination awareness among young adult women in Vaniyamkulam panchayat to create an Educational Booklet.	Danababy, Lt Col Regina PF	Journal of Oncology and Hematology	2024

DOI (Journal): 10 37591/IJETNP	Assessment of knowledge regarding venous thromboembolism prophylaxis among staff nurses at intensive care units in a selected hospital in Palakkad.	Lt Col Regina PF	International Journal of Emergency and Trauma Nursing and Practices	2024
ISSN 2319-3387	An insight into Childhood Malignancy	Lt Col Regina PF, Srinivasan G	Journal of Oncology and Hematology	2024
ISSN 2581-9062	Challenges faced by elderly population an overview	Lt Col Regina PF	International Journal of Geriatric Nursing	2024
ISSN 2456-2165	Evaluate the effectiveness of structured teaching programme regarding Basic Life support among fire and rescue service personnel in a selected fire station	Dr. A Priya Mary Stella	International Journal of Innovative Science and research Technology	2024
ISSN 2349-9249	Effect of education intervention on knowledge regarding care of children with cerebral palsy among caregivers	Mrs.Krishnaprabha P K	TIJER - INTERNATIONAL RESEARCH JOURNAL	2024
ISSN 2349-9249	Comparative study to assess the knowledge regarding family planning methods among reproductive age group of males and females in selected community.	Ms. Krishnaprabha, Blessy k Eldho, Brail Philip Mathew, Bhavya K	TIJER - INTERNATIONAL RESEARCH JOURNAL	2024
ISSN 2349-9249	The effectiveness of workshop on childhood emergencies of among Nursing personals at selected Nursing Colleges.	Ms. Aswani B, Mrs. Rani GS, Ms. Krishnaprabha, Ms. Aswathy P, Ms. Greeshma K	TIJER - INTERNATIONAL RESEARCH JOURNAL	2024
ISSN:2368-7487	Knowledge assessment about antenatal care and common complications of pregnancy among husband of pregnant women in a selected rural area of Erumapetty Grama Panchayat, Thrissur District.	Lt Col Regina PF	Journal of Survey in Fisheries Sciences (SFS)	2022-2023
E-ISSN: 2663-0435 P-ISSN:2663-0427	Knowledge assessment about menarche among upper primary girl students in TRKHSS school, Vaniyamkulam.	Lt Col Regina PF	International Journal of Research and analytics	2022-2023
E-ISSN:2348-1269 P-ISSN 2349-5138	Effect of structured teaching programme regarding prevenuou uf ventilator associated pneumonia among staff nurses in palakkad district	Lt Col Regina PF	International Journal of Research and analytics	2022-2023
E- ISSN: 2348-1269	Knowledge regarding emergency management of hypoglycemia among caregivers of diabetic patients in selected hospitals at palakkad district.	Lt Col Regina PF, Rose Jose, Zaina Elizabeth Jose	International Journal of Research and analytics	2022-2023
E- ISSN: 2348-1269 P- ISSN: 2349-5138	A study to assess the knowledge about premenstrual syndrome among the adolescent girls in selected school at Vaniyamkulam, Palakkad district.	Lt Col Regina PF, Rose Jose	International Journal of Research and analytics	2022-2023
ISSN:2320-2882	A descriptive study to assess the level of knowledge and anxiety regarding COVID 19 pandemic among staff nurses in selected hospital of Vaniyamkulam panchayath.	Anu Sweena Thomas, Lt Col Regina PF	International Journal of Creative Research thoughts	2022-2023
E- ISSN: 2582-2160	A study to assess anemia level among hearing impaired school students in special school, Palakkad	Zaina Elizabeth Jose, Ushas Jose, Rose Jose, Nowfel PM, Shincy K	International Journal of Multidisciplinary research	2022-2023
ISSN: 2582-7421	Pomegranate therapy on blood pressure among hypertensive patients	Prof. Dr.Kavithamole PJ	International Journal of research publication and reviews	2022-2023

Extracurricular Highlights

Raising Hearts: Congenital Heart Defect Awareness Day 2024

Our college hosted an enlightening webinar on Reflective Practice in Nursing on December 2, 2024, at 3:00 PM, led by Prof. Gaye Witney, an Australian Registered Nurse with a Master's in Training and Development and a Graduate Certificate in Aged Care Nursing. The session delved into the vital role of reflective practice in nurturing personal and professional growth for nurses. It highlighted how reflection enhances clinical decision-making, improves patient outcomes, and fosters lifelong learning in the nursing profession. Students actively participated in an engaging Q&A session, sharing their experiences and exploring solutions to common challenges. Through case study analyses, the webinar illustrated the real-world impact of reflective practices. The event concluded with a powerful call to integrate reflection into daily routines to boost professional competence and patient care quality. Attendees praised the session for its practical strategies and relevance in addressing the demands of modern healthcare, expressing enthusiasm for applying these insights in their practice.

Kalaravam: A Canvas of Creativity



Our college came alive with artistic fervor during the Kalaravam Arts Day, held from March 5 to 7, 2025. Organized by the Student Nurses' Association and Yuga College Union Council, this vibrant three-day event provided a dynamic platform for students to showcase their talents in diverse art forms, fostering creativity and cultural connection. The celebration featured an array of competitions, performances, and exhibitions that captivated the entire college community.

The first day kicked off with literary competitions, including essay writing, poem writing, and story writing, encouraging students to express their thoughts with eloquence. On the second day, the spotlight shifted to musical performances, with events like elocution, mappilapattu, solo songs, nadanpattu, and group songs filling the air with melody. The third day was a spectacle of movement, featuring dance forms such as Bharatanatyam, folk dance, thiruvathira, margamkali, oppana, and nostalgic dance, alongside captivating skits and mimes. Students participated with infectious enthusiasm, many taking part in multiple events, showcasing their versatility and team spirit.

The event culminated in a heartfelt closing ceremony, where winners of the various competitions were celebrated with prizes. The principal delivered an inspiring closing speech, expressing gratitude to all participants, volunteers, and faculty for their dedication in making Kalaravam 2025 a resounding success. The overwhelming response and vibrant energy underscored the event's role in uniting the college through the power of art.

Unity in Action: Annual Sports Meet 2024

In a vibrant celebration of India's 78th Independence Day, our college hosted an exhilarating Sports Meet on August 29, 2024, under the guidance of Kerala University of Health Sciences (KUHS). Held at the PKDIMS ground for outdoor events and within the college for indoor games, the event was overseen by Dr. Govindhan Kutty, Physical Education Coordinator. Students, divided into four spirited houses—Ravenclaw, Slytherin, Gryffindor, and Hufflepuff—competed in a range of sports, including chess, caroms, throwball, volleyball, basketball, and football. The meet fostered health, fitness, and unity while honoring the spirit of freedom. Filled with joy, pride, and camaraderie, the day left everyone with a renewed sense of patriotism. Emphasizing sports as a vital part of the curriculum, the college encouraged active participation. The event wrapped up with a grand closing ceremony, where Principal Prof. Priya Mary Stella presented trophies to the winners and praised all participants for their outstanding sportsmanship and enthusiasm.



Sprinting to Success: Athletica 2025

The vibrant Athletic Meet, dubbed Athletica, ignited the JCET Campus in Lakkidi on March 4, 2025, transforming it into a hub of energy and enthusiasm. Organized by our institution, this event championed physical fitness, sportsmanship, and spirited competition among students. Athletica showcased an array of track and field events alongside team sports, offering a dynamic stage for students to display their athletic talents and collaborative spirit.

Students from all academic years dove into the action, participating with zeal in both individual and team challenges. The inclusive setup ensured that everyone, regardless of skill level, could join in, fostering confidence and camaraderie. Faculty members cheered from the sidelines, strengthening the sense of community that defines our campus.

The day culminated in a lively closing ceremony, where medals and certificates were awarded to the winners of each category. Speeches from the organizing committee expressed gratitude to participants, volunteers, and faculty for their unwavering support. Athletica 2025 not only celebrated athletic excellence but also underscored the vital role of physical activity in nurturing well-rounded nursing professionals, leaving a lasting impact on our college community.



Celebrating the Joy of Reading: A Vibrant Reading Day Event



The Department of Library recently organized an engaging Reading Day celebration on June 19, 2024. The event was graced by the presence of the Principal, Prof. Dr. Srinivasan Gandhi, who inaugurated the program and shared insightful thoughts on this year's theme. Lt. Col. Prof. Dr. Regina P.F. unveiled the topics for the poem-writing competition, sparking creativity among the participants.

Students from various batches enthusiastically took part in the festivities. The program concluded on a poetic note with competitions in English (Topic: Friendship) and Malayalam (Topic: Oru Adhyapagan). Blessy Biju, a fourth-year student, delivered a heartfelt vote of thanks, wrapping up the memorable event.

The celebration highlighted the power of literature and the joy of reading, leaving everyone inspired and eager for more such enriching experiences.

Hand Hygiene Heroes: Infection Prevention Week

As part of Infection Prevention and Control Week (October 13-19, 2024), B.Sc. Nursing students from the IV Semester organized an engaging awareness flash mob on Global Handwashing Day (October 15, 2024) at the medical college campus. The event aimed to highlight the importance of proper hand hygiene in preventing infections and promoting public health.

The program was inaugurated by Dr. RC Krishnakumar, Director of Operations, who delivered the presidential address, emphasizing the critical role of handwashing in healthcare settings. A health awareness session on hand hygiene was conducted by Dr. Lovely C. Livingston from the Department of Community Medicine, who shared practical tips and demonstrated effective handwashing techniques.

The flash mob, performed by the nursing students, creatively captured the attention of students, faculty, and staff, reinforcing the message that clean hands save lives. The event successfully spread awareness in a fun and interactive way, leaving a lasting impact on all participants.

Such initiatives play a vital role in fostering a culture of infection prevention, reminding everyone that simple habits like handwashing can make a big difference in healthcare and beyond.

Patriotic Pride: Independence Day 2024



The spirit of patriotism filled the air as the NSS unit organized a memorable 78th Independence Day celebration on August 15, 2024. The event commenced at 8:30 AM with a solemn flag-hoisting ceremony, led by the esteemed Chief Guest, Mrs. Sumitha Krishnadas, Correspondent of the institution.

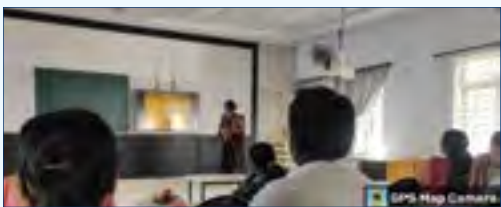
Faculty members and enthusiastic nursing students gathered to honor the nation's freedom struggle, reflecting on the sacrifices of our heroes. The campus echoed with pride as the tricolor fluttered high, symbolizing unity and progress.

The celebration served as a reminder of our duty to uphold the values of independence, fostering a sense of responsibility among future healthcare professionals. The event concluded with a renewed commitment to contributing to the nation's growth.

Colors of Joy: Holi 2025

Our college campus burst into a kaleidoscope of colors on March 20, 2025, as students and faculty celebrated Holi with boundless joy. The festival of colors brought together the college community in a spirited celebration of unity and happiness. Traditional Holi songs, lively dance performances, and playful games filled the day, with everyone gleefully tossing vibrant gulal powders. The air buzzed with music, laughter, and camaraderie, creating an unforgettable atmosphere. The event offered a refreshing break from academics, fostering stronger bonds among participants. As the day ended, warm wishes for prosperity were exchanged, embodying Holi's values of love and peace. This vibrant celebration will remain a cherished memory for our college community.

Breaking Barriers: A Transformative Session on Gender Awareness



Our college campus burst into a kaleidoscope of colors on March 20, 2025, as students and faculty celebrated Holi with boundless joy. The festival of colors brought together the college community in a spirited celebration of unity and happiness. Traditional Holi songs, lively dance performances, and playful games filled the day, with everyone gleefully tossing vibrant gulal powders. The air buzzed with music, laughter, and camaraderie, creating an unforgettable atmosphere. The event offered a refreshing break from academics, fostering stronger bonds among participants. As the day ended, warm wishes for prosperity were exchanged, embodying Holi's values of love and peace. This vibrant celebration will remain a cherished memory for our college community.

Foodtopia: A Nutritious Journey to Wellness

The college recently hosted "Foodtopia," a vibrant Nutrition Fest organized by the second-semester B.Sc. Nursing students. Held on August 23 & 24, 2024, the event aimed to inspire healthier eating habits and educate participants on the vital role of nutrition in overall well-being.

Under the guidance of Prof. Sathyasri R, Ms. Aneeta (Dietician), and Mrs. Krishna Prabha, the fest featured interactive sessions, expert talks, and hands-on food preparation activities. The event was inaugurated by Prof. Priya Mary Stella, Principal of the Nursing College, who emphasized the importance of mindful eating in disease prevention and health maintenance.

Ninety students participated, divided into six groups, each focusing on specific dietary needs. On the first day, teams prepared nutritious meals tailored for Obesity, Underweight, and Constipation, showcasing how healthy food can be both delicious and beneficial. The second day highlighted specialized diets for Diabetes Mellitus, Coronary Artery Disease, and Burns, offering practical insights into therapeutic nutrition.

The fest served as a dynamic platform for students, faculty, and guests to engage with nutrition experts, exchange knowledge, and explore creative ways to incorporate balanced diets into daily life. With its blend of education and culinary innovation, Foodtopia successfully fostered a deeper appreciation for the power of nutrition in shaping a healthier future.



Vibrant Onam Celebrations Fill the Campus with Joy and Tradition

The campus came alive with the vibrant spirit of Onam on September 11, 2024, as students and faculty came together to celebrate Kerala's most beloved festival. Organized by the student council, the event was a dazzling showcase of tradition, unity, and cultural pride.

The festivities began with a traditional lamp-lighting ceremony, graced by the esteemed presence of the chairman and management trustee, Dr. P Krishnadas, along with the correspondent and management representative, Mrs. Sumitha Krishnadas. The air was filled with excitement as the venue dazzled with intricate floral decorations (Pookalam), setting the perfect festive mood.

The cultural performances were a mesmerizing tribute to Kerala's rich heritage. The highlight was the graceful Thiruvathirakali, performed elegantly by the staff, their synchronized movements harmonizing with the rhythmic music. The energetic beats of Shinkarimelam further electrified the atmosphere, leaving everyone enthralled.

Fun and camaraderie took center stage with a series of lively games, including the thrilling tug-of-war (Vadamvali) and the playful Uriyadi, where blindfolded participants tried their luck at breaking the pot. Laughter and cheers echoed as students and faculty bonded over these traditional activities.

No Onam celebration is complete without the grand Onam Sadhya, a lavish feast served on banana leaves. From flavorful avial and sambar to sweet payasam, the spread was a true delight, offering everyone a taste of Kerala's culinary richness.

The event concluded on a high note with a prize distribution ceremony, where Prof. Priya Mary Stella, Principal, applauded the hard work of the organizers and the spirited participation of all. A heartfelt vote of thanks by the students wrapped up the festivities, leaving everyone with cherished memories.

The Onam celebration was more than just an event—it was a beautiful reminder of togetherness, tradition, and the joy of shared culture. The campus radiated happiness, proving once again that festivals have the power to unite hearts in celebration.



Raising Awareness: Flash Mob & Quiz Ignite Action on World Pneumonia Day



The Department of Medical-Surgical Nursing marked World Pneumonia Day with an energetic flash mob and an engaging quiz competition on November 12, 2024, at the college auditorium. The event aimed to spread awareness about pneumonia—its prevention, symptoms, and treatment—while inspiring active participation from students and faculty alike.

The program commenced at 2 PM with a soulful prayer song, setting a reflective tone. The Principal, Prof. Dr. Priya Mary Stella, addressed the gathering, sharing valuable insights on the significance of pneumonia awareness and the role of healthcare professionals in combating the disease.

Students from the third semester B.Sc. and MSc Nursing captivated the audience with a vibrant flash mob, creatively highlighting the importance of prevention through movement and music. The excitement continued with a lively quiz competition, where participants from the third and sixth semesters showcased their knowledge, competing enthusiastically.

Winners of the quiz were felicitated by the third-semester coordinator, adding a celebratory close to the event. A vote of thanks delivered by a third-semester representative expressed gratitude to all contributors, followed by the stirring rendition of the National Anthem.

The event successfully combined education and entertainment, leaving attendees both informed and inspired to take pneumonia awareness beyond the campus. A true celebration of health, knowledge, and community spirit!

Rallying for Health: P.K. Das College Fights Neglected Tropical Diseases



On January 30, 2025, the Community Health Nursing Department of P.K. Das College of Nursing, part of Nehru Group of Institutions, ignited Kuthampully Town with a vibrant rally for World Neglected Tropical Diseases (NTD) Day. From 10:10 AM to 10:45 AM, students and faculty, led by Zaina Mam (HOD) and Mercy Mam (Subject Coordinator), marched to raise awareness about NTDs, which affect over 1.6 billion people globally.

Students kicked off the rally with a bold flex banner, followed by placards proclaiming powerful messages like "Eradicate Neglected Tropical Diseases, Save Lives!" and "Awareness Today, Healthier Tomorrow!" These slogans echoed the urgent need for action against diseases like dengue and leprosy, often overlooked in vulnerable communities.

The public warmly embraced the rally, applauding the department's commitment to health education. This spirited event underscored our institution's dedication to sustainable health solutions, inspiring collective efforts to combat NTDs.

Battling Vectors: Nursing Students Dive into Disease Prevention

On March 27, 2025, 90 fifth-semester nursing students from P.K. Das College of Nursing, part of Nehru Group of Institutions, visited the Endemology Center in Palakkad. Guided by Athira Madam, the two batches of 45 students each explored vector-borne diseases like dengue, malaria, and chikungunya, gaining practical insights into public health.

A health inspector led an engaging session on disease transmission, prevention strategies, and government initiatives, emphasizing vector control through insecticides and sanitation. Students observed live demonstrations of larval surveillance, mosquito breeding site identification, and vector survey techniques, including calculating key indices like the House and Breteau Indices. These hands-on experiences illuminated the critical role of health workers in disease prevention.

The visit deepened students' understanding of community health interventions, inspiring them to promote awareness and prevention in vulnerable areas. This initiative underscores Nehru Group's commitment to sustainable health education, equipping future nurses to combat endemic diseases.

Hands-On Healing: Nursing Students Tackle TB Awareness

On March 27, 2025, 90 nursing students from P.K. Das College of Nursing, part of Nehru Group of Institutions, visited the Palakkad TB Center, accompanied by Associate Professor Mercy Madam. The visit immersed students in the realities of tuberculosis (TB) prevention, diagnosis, and treatment, reinforcing their role in combating this global health challenge.

Guided by Supervisor Sharanya, students explored the center's advanced diagnostics, including GeneXpert and sputum microscopy, and learned about the National Tuberculosis Elimination Program's free treatment and nutritional support. They observed the DOTS program in action, ensuring patient adherence, and engaged with patients to understand treatment challenges. Sharanya's session detailed TB's symptoms, transmission, and drug-resistant strains, equipping students for future roles in TB management.

The visit highlighted the need for stronger community awareness to curb delays in diagnosis and treatment non-compliance. Students left inspired to lead TB education campaigns, strengthening our commitment to sustainable health solutions.



Pure Water, Healthy Future: Nursing Students Explore Malampuzha Plant

On February 28 and March 1, 2025, 90 fifth-semester nursing students from P.K. Das College of Nursing, part of Nehru Group of Institutions, visited the Malampuzha Water Treatment Plant. Led by Mrs. Zaina Elizabeth Jose, Head of Community Health Nursing, the two batches of 45 students each gained hands-on insights into water purification and its vital role in community health.



Executive Engineer Mr. Santhosh welcomed the students, explaining the treatment process—from sedimentation and filtration to disinfection. In the plant's laboratory, experts demonstrated tests for pH, turbidity, and microbial contamination, ensuring water meets safety standards. These sessions deepened students' understanding of how clean water prevents diseases and promotes environmental sustainability.

The visit, concluding at 12:30 PM each day, left students inspired to advocate for safe water access in communities. This experience reinforces Nehru Group's commitment to health and sustainability education, equipping future nurses to champion public well-being.

Empowering Rural Change: UBA Faculty Session Inspires Action



On January 16, 2025, P.K. Das College of Nursing, part of Nehru Group of Institutions, hosted an online Faculty Development Programme (FDP) on Unnat Bharat Abhiyan (UBA) from 2:00 PM to 4:00 PM, organized by the Community Health Nursing Department. The session, led by Mr. Anurenj P. Kumar, Project Coordinator at IIT Palakkad's Regional Coordinating Institute of North Kerala, drew 30 faculty delegates eager to explore UBA's role in rural development.

Mr. Kumar's insightful presentation detailed UBA's activities and funding mechanisms, equipping faculty with knowledge to drive transformational change in rural communities. The session highlighted how educational institutions can foster sustainable health and development initiatives. Prof. Zaina Elizabeth Jose, HOD of Community Health Nursing, opened and closed the programme with a warm welcome and heartfelt thanks, inspiring attendees to act.

This FDP underscores Nehru Group's commitment to community health and sustainability, empowering faculty to lead impactful rural projects.

Stopping Vectors in Their Tracks: Nursing Students Learn Prevention

On March 27, 2025, 90 nursing students from our college, visited the Endemology Center in Palakkad, split into two batches of 45. Guided by Athira Madam, the students delved into the critical study of vector-borne diseases like malaria, dengue, and filariasis, gaining real-world insights into public health.

A health inspector's engaging session covered disease transmission by mosquitoes and ticks, prevention through vector control, and national health initiatives. Students witnessed live demonstrations of larval surveillance, learned to identify mosquito breeding sites, and explored vector survey methods, including calculating House and Breteau Indices. These experiences highlighted the vital role of health workers in curbing endemic diseases.

The visit empowered students to champion community health, reinforcing Nehru Group's dedication to sustainable public health solutions.



Nursing Students Shine in Community Health Awareness Drive

Fifth-semester B.Sc. Nursing students from our college organized a vibrant health awareness program featuring a role play and puppet show, focusing on air-borne and food-borne diseases. Held in the Kuthampully community area on January 24th and 25th, 2025, from 10:30 AM to 12:30 PM, the event captivated the audience. The public actively participated, finding the program highly informative and engaging. The enthusiastic performances left the community well-informed and empowered to combat these diseases.



Empowering Vision: Eye Health Awareness Program by Nursing Students



Empowering Lives: Palliative Care Awareness Program at Vaniyamkulam



"Palliative care is not just for dying; it's for anyone with a serious illness who wants to live as well as possible, even when they are dying." – Dr. Diane Meier

Palliative care enhances the quality of life for individuals with serious illnesses by managing symptoms and addressing physical, social, and spiritual challenges, while also supporting families and caregivers. In celebration of Kerala Palliative Care Day, Vaniyamkulam Palliative and Rehabilitation Centre hosted a meaningful program for volunteers, beneficiaries, and their families on January 19, 2025, at the T.R.K. Higher Secondary School Auditorium, starting at 9:30 a.m.

Third and fifth-semester B.Sc. Nursing students from our college, led by Mrs. Dana Baby from the Department of Obstetrics and Gynaecologic Nursing, actively participated. The event began with a warm welcome from Mr. K.G. Raghupathi, Secretary of VPRC. Esteemed speakers highlighted the significance of palliative care, the role of AYUSH, and physiotherapy, while sharing personal experiences. Mr. Sujith, CEO of Code CL Pvt. Ltd., emphasized leveraging social media to advance palliative care initiatives. The program concluded with a vote of thanks by Mr. P. Surendran, Treasurer of VPRC, followed by vibrant cultural performances, leaving attendees inspired and informed.

Raising Awareness: Breast Cancer Education at Swathy Central School



In observance of Breast Cancer Awareness Month, fourth-year B.Sc. Nursing students from our college, under the coordination of the Department of Obstetric and Gynecological Nursing, conducted an impactful awareness program at Swathy Central School, Panayur, Vaniyamkulam, on October 25, 2024. Held from 11:00 AM to 1:30 PM, the event targeted high school students, equipping them with vital knowledge about breast cancer.

Mr. Shaji K. Thayil opened the program with a warm welcome and highlighted the significance of dedicating October to breast cancer awareness. The session covered key topics, including causes, breast self-examination, treatment options, and preventive exercises, with engaging demonstrations by students Aleena Jaimon and Anjana Unni. The informative presentation resonated with the audience, sparking meaningful engagement. Ameya, the school leader, along with other students, shared thoughtful responses, reflecting the program's impact.

The event concluded with a heartfelt vote of thanks by Mrs. Dana Baby, leaving the students better informed and empowered to spread awareness about breast cancer prevention and early detection.

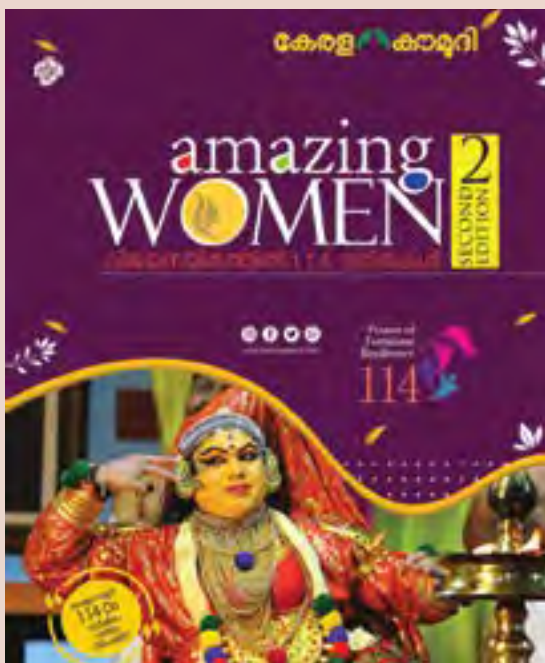
Fifth-semester B.Sc. Nursing students from our college organized a dynamic eye health awareness program, introduced by Ms. Athira, a student from the cohort. The event was inaugurated by Prof. Dr. Priya Mary Stella, Principal and Head of the Medical Surgical Department, whose inspiring words set the tone for the initiative.

The program engaged participants through interactive activities, including a survey to assess eye health awareness among attendees. The highlight was the hands-on sessions featuring a Visual Colour Blindness Test and a Visual Acuity Test, conducted by the nursing students. These tests educated participants on early detection and prevention of vision-related issues, fostering a proactive approach to eye care.

The enthusiastic participation and positive feedback underscored the program's success in raising awareness and empowering the community to prioritize eye health. The event concluded with a commitment to continue such impactful health initiatives.



Herald of Honour



A Joyous Celebration: Mom Embarks on a New Journey as Mrs. Sruthy V.



This heartwarming occasion marks not just a change in name but the beginning of renewed love, cherished memories, and endless blessings. Wishing her a lifetime of love, laughter, and happiness as Mrs. Sruthy V.

Professional Engagements

Event	Name of the Faculty/Staff	Date	Organization
AC 18 Training and Learning (SAL) Academy Sponsored by Malay Online Faculty Development Program on "Indian Health, Culture & Psychology (Including Ayurveda)"	U Car Regina PT Resonance Person	January 28-29, 2023	Health College of Engineering and Research Center
National Conference on Current Breakthroughs and Future Endeavors in Therapeutic and Genealogical Care	U Car Regina PT Resonance Person	August 25, 2024	Sanjivani College of Nursing, Coimbatore

Patent Application Details

Patent Title	Applicant	Status
Reusable Device for Real-Time Monitoring of Gas Station Impurities	Prof. Sathyasri PT Mrs. Anusudhara Sreenivasan	Approved
Smart Hydrogel and Nutrient Tracking Device	U Car Regina PT	Granted

Volunteering & Outreach

Spreading Awareness: Engaging Role Play Highlights the Importance of Breastfeeding.

A group of fourth-year B.Sc. Nursing students recently organized an informative role play on "The Importance of Breastfeeding and Debunking Common Myths", held on August 5, 2024, at Panayur Anganwadi. The event was coordinated by the Department of Pediatric Nursing and the Department of OBG Nursing.



The session began with a warm welcome address by Mrs. Aswani B, Assistant Professor from the Department of Pediatric Nursing. The role play commenced at 10:30 AM, attended by antenatal and postnatal mothers along with their children, making it an interactive and educational experience.

Students Niya K Benny and Liya Jose demonstrated essential antenatal and postnatal exercises, providing practical guidance to the attendees. The role play effectively conveyed crucial information about breastfeeding benefits while addressing prevalent misconceptions, leaving a lasting impact on the audience.

The event concluded with a thoughtful vote of thanks delivered by Sudha Teacher, wrapping up an insightful and engaging session. The positive feedback from participants highlighted the success of the initiative in spreading awareness on maternal and child health.

Such initiatives reinforce the commitment to community health education, fostering better understanding and practices among mothers.

A Heartwarming Day of Connection and Joy at PolyGarden

The Mental Health Nursing Department, along with fifth-semester students, organized a special visit to PolyGarden to spend time with individuals facing mental health challenges and extend financial support to the institution. A group of 89 enthusiastic students, accompanied by Prof. Sathyasri (HOD, Mental Health Nursing) and Lecturer Ms. Krishnendu, arrived at PolyGarden on April 16, 2024, for a day filled with warmth and inspiration.



Upon arrival, the staff at PolyGarden welcomed the team and shared insights about their institution—its history, mission, and the valuable services they provide for 125 residents. The highlight of the day was witnessing the incredible hidden talents of the residents, who confidently showcased their skills.

Adding to the joy, the students also prepared engaging performances, creating an atmosphere of laughter and camaraderie. The interaction left a lasting impact on everyone present, fostering mutual understanding and empathy. Before concluding, both students and residents shared heartfelt reflections, making it a truly unforgettable experience.

The visit not only brought smiles but also reinforced the importance of compassion and inclusivity in mental health care. It was a beautiful reminder of how small gestures can create meaningful connections.

Caring Connections: Abhayam Old Age Home Visit

The Community Health Nursing Department, along with final-year B.Sc Nursing students, organized a memorable visit to Abhayam Old Age Home in Kulappully on August 31, 2024. The day began at 10:00 AM, filled with warmth, laughter, and heartfelt moments as the students engaged with the 23 elderly residents.

Each of the residents, aged 70 and above, shared glimpses of their lives, revealing both their struggles and resilience. Though they are well cared for with proper recreational facilities and physical well-being, what stood out was their longing for love and companionship. The students spent quality time listening to their stories, singing along with them, and even dancing together—a sight that brought smiles to everyone's faces.

The emotional exchange left a deep impact, as the elderly expressed their gratitude, blessing the students with heartfelt words. Before departing, fruits were distributed, adding a small gesture of care to the day's joy.

The visit was a humbling and enriching experience, reminding everyone of the importance of compassion and human connection. The team returned with a sense of fulfillment, grateful for the opportunity to bring moments of happiness into the lives of the elderly. It was a day that truly highlighted the beauty of selfless service and shared humanity.

Career Guidance Program

Unlocking Global Opportunities: Career Guidance Session on German Language

A dynamic Career Guidance Programme was held on October 28, 2024, inspiring students to explore new horizons. The session began at 2:00 pm with a minute of silent prayer, setting a focused tone for the event.

Mrs. Yamuna Devi S., a representative from OROMAH International Language School, introduced the speakers. Known for their expertise in German language training, the institution offers personalized attention and experienced faculty to help students excel.

The session kicked off with participant introductions, followed by an engaging discussion on the scope and importance of learning German. Students actively interacted with the resource persons, asking questions and clarifying doubts. The speakers highlighted career opportunities and the advantages of mastering the language, distributing informative leaflets about Germany.

A key takeaway was the emphasis on having a clear aim in life. The students, particularly from the B.Sc. Nursing batch (50 attendees), showed immense enthusiasm and confidence in balancing language training alongside their academic commitments.

Wrapping up at 3:00 pm, the speakers assured the students of their support in clearing competitive exams with top scores, promising study materials for preparation. The attendees expressed heartfelt gratitude for the insightful and motivating session, leaving with a clearer vision for their future.

This interactive and informative workshop not only broadened perspectives but also ignited a passion for global learning among the students.



Building Global Bridges: A Transformative Indo-German Cultural Exchange



The career guidance session began at 3:00 pm on December 06, 2024 with a moment of silent reflection, setting a thoughtful tone for the event. Mrs. Yamuna Devi introduced the keynote speaker, Mr. Abu Salih, a distinguished representative from the Indo-German Academy, known for its experienced faculty and innovative programs.

The session focused on fostering cross-cultural understanding and creating a platform for collaborative learning. Students and educators from India and Germany came together for interactive activities, insightful discussions, and enriching educational exchanges. The participants shared their excitement about forming international connections and gaining fresh perspectives on global education and career opportunities.

Both students and faculty members praised the program for its unique approach to cultural exchange, noting how it broadened their horizons and encouraged meaningful dialogue. The event successfully met its goals, deepening participants' appreciation for diverse cultures and paving the way for lasting partnerships.

As the session concluded, there was a shared sense of optimism about future collaborations, strengthening ties between the two nations. Special thanks were extended to the Indo-German Academy for their invaluable support in making this initiative a resounding success.

This inspiring event marks just the beginning of many more transformative exchanges to come!

Pathways to Success: Career Guidance with University of Suffolk Unlocking Global Horizons: A Glimpse into the Future of Healthcare Careers



A dynamic Career Guidance Programme was held on October 28, 2024, inspiring students to explore new horizons. The session began at 2:00 pm with a minute of silent prayer, setting a focused tone for the event.

Mrs. Yamuna Devi S., a representative from OROMAH International Language School, introduced the speakers. Known for their expertise in German language training, the institution offers personalized attention and experienced faculty to help students excel.

The session kicked off with participant introductions, followed by an engaging discussion on the scope and importance of learning German. Students actively interacted with the resource persons, asking questions and clarifying doubts. The speakers highlighted career opportunities and the advantages of

mastering the language, distributing informative leaflets about Germany.

A key takeaway was the emphasis on having a clear aim in life. The students, particularly from the B.Sc. Nursing batch (50 attendees), showed immense enthusiasm and confidence in balancing language training alongside their academic commitments.

Wrapping up at 3:00 pm, the speakers assured the students of their support in clearing competitive exams with top scores, promising study materials for preparation. The attendees expressed heartfelt gratitude for the insightful and motivating session, leaving with a clearer vision for their future.

This interactive and informative workshop not only broadened perspectives but also ignited a passion for global learning among the students.



Empowering Women: International Women's Day Celebrating Strength and Inclusion



The spirit of empowerment and inclusion filled the air as the Nursing College community came together to celebrate International Women's Day on March 7, 2024. Aligning with this year's United Nations theme, "Invest in Women: Accelerate Progress", and the global IWD theme, "Inspire Inclusion", the event highlighted the importance of empowering women across social, economic, and political spheres.

The program began with an insightful address by Dr. Srinivasan Gandhi, who unveiled the significance of the theme to the eager nursing students. As a token of appreciation, all the women faculty and staff were honored with small gestures of gratitude, symbolizing respect and recognition for their contributions.

The highlight of the day was an engaging debate competition, where students from the V Semester B.Sc. Nursing and IV Year B.Sc. Nursing showcased their perspectives on women's empowerment. The IV Year students emerged victorious, with prizes distributed by esteemed guests Lt. Col. Regina PF and Prof. Priya Mary Stella.

The event was a powerful reminder of the collective effort needed to build a more inclusive and equitable world—one where every woman's potential is nurtured and celebrated. Here's to breaking barriers and inspiring change!

Testing Knowledge: Exciting Quiz Competition Highlights WBW Celebration 2024!"

The Department of Child Health Nursing marked World Breastfeeding Week 2024 with an engaging quiz competition held on August 5, 2024, at the nursing college. The event, organized by Ms. Greeshma K, Lecturer in Child Health Nursing, saw enthusiastic participation from ten 4th-year B.Sc. Nursing students.

The competition was a thrilling showcase of knowledge, with participants answering questions on breastfeeding awareness, infant nutrition, and maternal health. After an exciting round of questions, Ms. Jensiya Samuel and Ms. Haritha Hrikumar emerged as the winners, securing the first prize.

The event not only tested students' expertise but also reinforced the importance of breastfeeding education in nursing practice.

Debating Responsibility: Breastfeeding Debate Sparks Insightful Discussions During World Breastfeeding Week

A lively and thought-provoking debate was held on August 8, 2024, as part of the World Breastfeeding Week celebrations, organized by the Departments of Pediatric Nursing and OBG Nursing. The event brought together fourth-year B.Sc. Nursing students and second-semester B.Sc. Nursing students to discuss a highly relevant topic:

"Breastfeeding is the Sole Responsibility of the Mother"

vs.

"Breastfeeding is a Shared Responsibility of Both Family and Society."

The session began with an introductory speech by Mrs. Aswani B., Assistant Professor from the Department of Pediatric Nursing, who highlighted the significance of breastfeeding and its global impact. The debate took place in the college auditorium, with Ms. Ardra R. (Fourth Year B.Sc. Nursing) skillfully moderating the discussion.

The event was structured into two engaging rounds:

1. Opening Statements - Each group presented strong arguments supporting their stance.
2. Rebuttal Round - Teams countered opposing views with well-researched points, fostering a dynamic exchange of perspectives.

The audience, including students and faculty, gained valuable insights into the societal, familial, and individual roles in promoting breastfeeding. After a rigorous evaluation by the judging panel, Group B, which argued that breastfeeding is a shared responsibility, emerged as the winning team.

The debate not only enhanced awareness but also encouraged critical thinking about collective efforts needed to support breastfeeding mothers. Such initiatives reinforce the importance of health education and community involvement in maternal and child health.



Speaking Out: Voices Against Violence Elocution Competition Marks International Day for Elimination of Violence Against Women

A powerful elocution competition was held to observe the International Day for the Elimination of Violence Against Women, a day designated by the UN General Assembly on 25th November to raise awareness and inspire action against gender-based violence. The event saw enthusiastic participation from students across all batches, who delivered compelling speeches on this critical issue.

Violence against women and girls (VAWG) remains a pervasive global crisis, often unreported due to stigma, shame, and systemic barriers. This year's theme, "Every 11 Minutes, a Woman is Killed. #NoExcuse. UNITE to End Violence Against Women," highlighted the urgency of collective action to protect women's rights and dignity.

The competition, held as part of the institution's commitment to social awareness, featured stirring speeches in both English and Malayalam. The winners were:

English Elocution:

First Prize: Sivalaya Sagar (Semester VI, B.Sc. Nursing)

Second Prize: Bhadra Santhosh (Semester I, B.Sc. Nursing)

Malayalam Elocution:

First Prize: Sreeshma A. (Semester I, B.Sc. Nursing)

Second Prize: Johns Alias (Semester VI, B.Sc. Nursing)

The event not only provided a platform for students to express their views but also reinforced the importance of standing together to eradicate gender-based violence. Let's continue to speak up, take action, and create a safer world for women and girls everywhere!



Creative Expression: World Breastfeeding Week Poster Competition

A vibrant poster competition was held on August 6, 2024, as part of the World Breastfeeding Week 2024 celebrations. The event took place from 9:00 AM to 11:00 AM in the Second Semester B.Sc. Nursing Lecture Hall, bringing together 15 talented students from different batches.

The theme, "Closing the Gap: Breastfeeding Support for All", inspired participants to showcase their artistic skills and deep understanding of breastfeeding advocacy. A panel of judges carefully evaluated the entries based on creativity, relevance, and presentation. The winners were: First Prize: Swetha (IV Year B.Sc. Nursing), Second Prize: Amritha S.R. (IV Semester B.Sc. Nursing), Third Prize: Padmaja K. (IV Year B.Sc. Nursing)

The competition was a huge success, highlighting the students' dedication to raising awareness about the importance of breastfeeding support. The enthusiasm and effort put into each poster truly reflected the spirit of the cause.

Insightful Discussions: World Breastfeeding Week Seminar

Breastfeeding Week 2024. Held on August 6, 2024, at 2:00 PM in the college auditorium, the event commenced with a solemn two-minute silent prayer, honoring the late Founder Chairman, Sri P.K. Das, and paying respects to the victims of the tragic landslide disaster in Wayanad.



The seminar was inaugurated by Prof. Dr. Srinivasan G., setting the tone for an enlightening session. Miss Liviya C. Wilson, a fourth-year B.Sc. Nursing student, extended a warm welcome to attendees.

Three insightful presentations followed:

- Prof. Dr. Ariyalakshmi B., Head of Child Health Nursing, delved into the "Warm Chain of Breastfeeding Support," emphasizing the continuum of care for nursing mothers.
- Mrs. Dana Baby, Associate Professor of OBG Nursing, explored "Factors Affecting Lactation," offering practical insights into challenges and solutions.
- Prof. Dr. Regina P.F., Head of OBG Nursing, concluded with an engaging discussion, fostering interactive participation from the audience.

The sessions were both informative and collaborative, sparking meaningful dialogue among students and faculty. The event drew to a close with a heartfelt vote of thanks by Miss Aiswarya, another fourth-year B.Sc. Nursing student, followed by the national anthem.

This seminar not only highlighted the importance of breastfeeding awareness but also reinforced the institution's commitment to fostering knowledge and compassion in healthcare education.

Diabetes Focus: Empowering Nurses Through Reflection: A World Diabetes Day Celebration

The celebration of World Diabetes Day on November 14, 2024, was marked by an inspiring blend of education, reflection, and awareness initiatives organized by the Department of Medical-Surgical Nursing in collaboration with MSc Nursing students.

Webinar on Reflective Practice in Nursing

The day began with an enlightening webinar featuring Prof. Gaye Whitney, an Australian Registered Nurse with expertise in training, development, and aged care nursing. The session, held from 3:00 PM to 4:30 PM, explored the power of reflective practice in nursing—highlighting its role in enhancing clinical judgment, improving patient care, and fostering lifelong learning.

Through interactive discussions, case studies, and a dynamic Q&A, students engaged in meaningful conversations about overcoming challenges in nursing practice. The webinar concluded with a strong emphasis on integrating self-reflection into daily routines to drive professional growth and excellence in patient care.

Flash Mob & Panel Discussion: Spreading Diabetes Awareness

A vibrant flash mob performed by B.Sc. Nursing students energized the audience, creatively spreading awareness about diabetes prevention and management. Following this, an insightful panel discussion led by MSc Nursing students delved into the therapeutic aspects of diabetes care, offering evidence-based strategies for better health outcomes.

The event, graced by the Principal, Vice Principal, faculty members, and enthusiastic students, concluded with a vote of thanks and the National Anthem, leaving participants motivated and better informed about diabetes and the importance of reflective nursing practices.

This World Diabetes Day celebration not only educated but also inspired future nurses to reflect, learn, and act for a healthier tomorrow.

Alumni Corner

Placements: Celebrating Alumni Success

S.No	Name of the Student	Name of the Employer
1	AKHILA. K	P.K.Das Institute of Medical Sciences
2	ALOUSIYA RACHEL VARKEY	P.K.Das Institute of Medical Sciences
3	AMAYA	Malabar Medical College, Modakkaloor, Kozhikode
4	ANAGHA SURESHKUMAR	Manomithra Institute of Medical Sciences (psychiatry Hospital)
5	ANISHA.M.R	P.K.Das Institute of Medical Sciences
6	ANJALI L	KIMS Health Hospital, Trivandrum
7	ANJANA MARY JOSE	Amala Institute of Medical Science, Thrissur
8	ANJU SAJU	United Kingdom
9	ANNU ROSE JOJY	Rajagiri Hospital, Aluva
10	ANSIL SHABU	United Kingdom
11	ANU A J	P.K.Das Institute of Medical Sciences
12	APARNA A S	PKDIMS vaniyamkulam
13	ASSIYA SIDHIQUE	Al-Azhar Medical College Hospital, Thodupuzha
14	ATHIRA.M.S	Almas Hospital Malappuram
15	AYANA E M	Almas Hospital Malappuram
16	BEJEENA ELDHOSE	Manomithra Institute of Medical Science
17	BITTY BIJU	Aster Mims, Kozhikode
18	CHANDANA V M	P.K.Das Institute of Medical Sciences
19	CHARUTHA MP	Malabar Medical College, Kozhikode
20	CHINCHU.C P	Aster Mims, Kozhikode
21	EMILI ELSA ABRAHAM	P.K.Das Institute of Medical Sciences
22	HARITHA R NAIR	P.K.Das Institute of Medical Sciences
23	JITHISHA A	KIMS AL SHIFA Hospital, Perinthalmanna

24	JOSNA C JOSEPH	Aster Mims, Kozhikode
25	KESIYA.P.J	P.K.Das Institute of Medical Sciences
26	KRIPA JOSE	P.K.Das Institute of Medical Sciences
27	MUHAMMED MIDLAJ K T	Jeremiah International Academy
28	NIRADEVI P B	P.K.Das Institute of Medical Sciences
29	RIZANI FATHIMA	Rajah Charitable Medical Sciences
30	ROHITHA C	P.K.Das Institute of Medical Sciences
31	RONIYA MARIYA BIJUMOL	P.K.Das Institute of Medical Sciences
32	ROSHNI UP	P.K.Das Institute of Medical Science
33	SALU K B	Amala Institute of Medical Science
34	SANGEETHA.P.D	Avitis institute of Medical Science, Nemmara
35	SARANYA P K	P.K.Das Institute of Medical Sciences
36	SNEHA.K	P.K.Das Institute of Medical Sciences
37	SREENA M	P.K.Das Institute of Medical Sciences
38	SRUTHI M S	P.K.Das Institute of Medical Sciences
39	SWETHA K P	Almas Hospital
40	VISHNU K	Valluvanad Hospital



From Left:- Ms. Aditya P.U, Ms. Ninu K.J, Mr. Rahul das (2020-2024 Batch)

Student' Ongoing Research Projects:

- Assess the knowledge regarding fire and safety among staff members of selected nursing college.
- Assess the impact of emotional intelligence on academic performance among nursing students.
- Assess the effectiveness of self-instructional module regarding osteoporosis among post-menopausal women in Vaniyamkulam.
- Effectiveness of planned teaching program on knowledge regarding selected childhood malignancy among mothers of children under 10 year in a rural area of Palakkad district.
- Assess the effectiveness of structured teaching program regarding first aid management of burns among engineering students in selected college at Palakkad District.
- Assess the knowledge regarding prevention of Tuberculosis among adult in a selected community with a view to develop an informative leaflet.
- Effectiveness of Information Education Communication in promoting Breast Self Examination among college students.
- Assess the effectiveness of role play on knowledge regarding health consequences of early and late marriages among adolescents at selected rural area.
- Assess the effectiveness of structured teaching programme on knowledge regarding ovum harvesting among college students of selected college of Palakkad district.
- Effectiveness of PowerPoint assisted teaching program on knowledge regarding adverse effect of cosmetic usage among nursing students at selected college Ottapalam.
- Assess the knowledge regarding blood and blood components transfusion among pharmacy students in selected college at Palakkad District.
- Assess the knowledge regarding developmental milestones among mothers of infants at selected community area.
- Asses the effectiveness of awareness programme regarding the effect of carcinogenic substance used at homes among housewives at selected areas of Palakkad district.
- Assess the effect of video assisted teaching program on knowledge regarding first aid management of foreign body aspiration among mothers of under five children.
- Assess the effectiveness of video assisted teaching regarding menstrual cup usage among adults in selected rural area
- A comparative study to assess the level of self-esteem among adolescent boys and girls at selected college.
- Assess the knowledge regarding first aid management among drivers of Vaniyamkulam panchayath with distribution of pamphlet

Field visits and surveys

Exploring the World of Forensic Science: A Hands-On Learning Experience

The V semester B.Sc. Nursing students recently embarked on an insightful visit to the forensic laboratory as part of their curriculum. Held on July 3 and 4, 2024, the session provided a deep dive into the fascinating field of forensic science.

Under the guidance of Dr. Ajith and three other faculty members from the forensic department, the students were introduced to the essential functions of the



laboratory. The session featured a display of tools and specimens, including post-mortem instruments, weapons used in crimes, kitchen items linked to forensic cases, venomous snakes, mummified remains, and photographs documenting various crime scenes. The experts also demonstrated techniques for detecting criminal activities, offering students a comprehensive understanding of forensic investigations.

With 89 enthusiastic participants, the visit proved to be an eye-opening experience, bridging theoretical knowledge with real-world applications. Such interactive sessions are a vital part of the nursing program, equipping future healthcare professionals with a broader perspective on medico-legal aspects.

The event was not just educational but also engaging, leaving the students with a newfound appreciation for the role of forensic science in justice and healthcare.

Empowering Futures: Field Visit to Ashadeepam Special School. Students Gain Insight into Special Education During Inspiring Field Visit.

A meaningful field visit was organized for V Semester B.Sc. Nursing students by the Child Health Nursing Department to Ashadeepam Special School in Koonathara, Vaniyamkulam. The visit, held on March 21, 2025, provided students with a firsthand look at the dedicated care and education provided to children with developmental and intellectual disabilities, including Down syndrome.

The school, which supports 103 students (including 24 inmates), focuses on enhancing social, emotional, and academic skills while offering vocational training to promote independence. Students observed adaptive teaching techniques, such as visual aids and personalized instruction, designed to meet the unique needs of children under 18. They also witnessed engaging vocational activities like candle making, envelope crafting, and rosary creation, which empower students with practical life skills.

The visit not only broadened the nursing students' understanding of inclusive education and rehabilitative care but also highlighted the importance of patience, creativity, and specialized approaches in supporting children with special needs. The experience left a lasting impression, reinforcing the value of compassionate healthcare and education in fostering holistic development.

Such initiatives by the institution continue to bridge classroom learning with real-world experiences, preparing future nurses to deliver empathetic and informed care.

Vaccines for All: Celebrating World Immunization Day with Awareness & Action

The Department of Child Health Nursing marked World Immunization Day 2024 with an engaging role play centered around this year's theme—"Vaccine for All". The event was held on November 11, 2024, from 10:30 AM to 12:00 PM at Panayur Anganwadi, where sixth-semester B.Sc. Nursing students brought to life the critical role of immunization in disease prevention through a lively performance.

A total of 15 nursing students participated, effectively conveying the importance of timely vaccinations. The audience, comprising mothers of Anganwadi children, actively engaged with the students, asking questions and clarifying doubts about immunization schedules and benefits. To further reinforce awareness, interactive sessions were held, where mothers received useful insights on vaccine safety and community health.

As part of the initiative, the Child Health Nursing Department also conducted a research study assessing mothers' knowledge and attitude toward immunization. Knowledge questionnaires were distributed, gathering valuable feedback to improve future awareness programs.

Adding a touch of joy, the students organized fun-filled activities for the children, allowing them to showcase their talents through small performances. The event successfully combined education, interaction, and entertainment, leaving a lasting impact on both parents and children.



Student' Ongoing Research Projects:

- Assess the knowledge regarding fire and safety among staff members of selected nursing college.
- Assess the impact of emotional intelligence on academic performance among nursing students.
- Assess the effectiveness of self-instructional module regarding osteoporosis among post-menopausal women in Vaniyamkulam.
- Effectiveness of planned teaching program on knowledge regarding selected childhood malignancy among mothers of children under 10 year in a rural area of Palakkad district.
- Assess the effectiveness of structured teaching program regarding first aid management of burns among engineering students in selected college at Palakkad District.
- Assess the knowledge regarding prevention of Tuberculosis among adult in a selected community with a view to develop an informative leaflet.
- Effectiveness of Information Education Communication in promoting Breast Self Examination among college students.
- Assess the effectiveness of role play on knowledge regarding health consequences of early and late marriages among adolescents at selected rural area.
- Assess the effectiveness of structured teaching programme on knowledge regarding ovum harvesting among college students of selected college of Palakkad district.
- Effectiveness of PowerPoint assisted teaching program on knowledge regarding adverse effect of cosmetic usage among nursing students at selected college Ottapalam.
- Assess the knowledge regarding blood and blood components transfusion among pharmacy students in selected college at Palakkad District.
- Assess the knowledge regarding developmental milestones among mothers of infants at selected community area.
- Asses the effectiveness of awareness programme regarding the effect of carcinogenic substance used at homes among housewives at selected areas of Palakkad district.
- Assess the effect of video assisted teaching program on knowledge regarding first aid management of foreign body aspiration among mothers of under five children.
- Assess the effectiveness of video assisted teaching regarding menstrual cup usage among adults in selected rural area
- A comparative study to assess the level of self-esteem among adolescent boys and girls at selected college.
- Assess the knowledge regarding first aid management among drivers of Vaniyamkulam panchayath with distribution of pamphlet

Field visits and surveys

Exploring the World of Forensic Science: A Hands-On Learning Experience

The V semester B.Sc. Nursing students recently embarked on an insightful visit to the forensic laboratory as part of their curriculum. Held on July 3 and 4, 2024, the session provided a deep dive into the fascinating field of forensic science.

Under the guidance of Dr. Ajith and three other faculty members from the forensic department, the students were introduced to the essential functions of the laboratory.



The session featured a display of tools and specimens, including post-mortem instruments, weapons used in crimes, kitchen items linked to forensic cases, venomous snakes, mummified remains, and photographs documenting various crime scenes. The experts also demonstrated techniques for detecting criminal activities, offering students a comprehensive understanding of forensic investigations.

With 89 enthusiastic participants, the visit proved to be an eye-opening experience, bridging theoretical knowledge with real-world applications. Such interactive sessions are a vital part of the nursing program, equipping future healthcare professionals with a broader perspective on medico-legal aspects.

The event was not just educational but also engaging, leaving the students with a newfound appreciation for the role of forensic science in justice and healthcare.

Empowering Futures: Field Visit to Ashadeepam Special School. Students Gain Insight into Special Education During Inspiring Field Visit.

A meaningful field visit was organized for V Semester B.Sc. Nursing students by the Child Health Nursing Department to Ashadeepam Special School in Koonathara, Vaniyamkulam. The visit, held on March 21, 2025, provided students with a firsthand look at the dedicated care and education provided to children with developmental and intellectual disabilities, including Down syndrome.

The school, which supports 103 students (including 24 inmates), focuses on enhancing social, emotional, and academic skills while offering vocational training to promote independence. Students observed adaptive teaching techniques, such as visual aids and personalized instruction, designed to meet the unique needs of children under 18. They also witnessed engaging vocational activities like candle making, envelope crafting, and rosary creation, which empower students with practical life skills.

The visit not only broadened the nursing students' understanding of inclusive education and rehabilitative care but also highlighted the importance of patience, creativity, and specialized approaches in supporting children with special needs. The experience left a lasting impression, reinforcing the value of compassionate healthcare and education in fostering holistic development.

Such initiatives by the institution continue to bridge classroom learning with real-world experiences, preparing future nurses to deliver empathetic and informed care.

Vaccines for All: Celebrating World Immunization Day with Awareness & Action

The Department of Child Health Nursing marked World Immunization Day 2024 with an engaging role play centered around this year's theme—"Vaccine for All". The event was held on November 11, 2024, from 10:30 AM to 12:00 PM at Panayur Anganwadi, where sixth-semester B.Sc. Nursing students brought to life the critical role of immunization in disease prevention through a lively performance.

A total of 15 nursing students participated, effectively conveying the importance of timely vaccinations. The audience, comprising mothers of Anganwadi children, actively engaged with the students, asking questions and clarifying doubts about immunization schedules and benefits. To further reinforce awareness, interactive sessions were held, where mothers received useful insights on vaccine safety and community health.

As part of the initiative, the Child Health Nursing Department also conducted a research study assessing mothers' knowledge and attitude toward immunization. Knowledge questionnaires were distributed, gathering valuable feedback to improve future awareness programs.

Adding a touch of joy, the students organized fun-filled activities for the children, allowing them to showcase their talents through small performances. The event successfully combined education, interaction, and entertainment, leaving a lasting impact on both parents and children.



Heartwarming Bonds: PolyGarden Visit

The Mental Health Nursing (MHN) Department recently organized a touching visit to Polygarden, where 90 fifth-semester students (2022-2026 Batch) spent a meaningful day with mentally challenged individuals. The event, held on February 1, 2025, was led by Prof. Sathyasri (HOD), Mr. Liju James (Associate Professor), and Ms. Anitha (Lecturer).



Upon arrival, the group was warmly welcomed by Mr. Sijo, the Director of Polygarden, who shared insights into the institution's history, mission, and the services it provides for its 125 residents. Many of the residents, brimming with hidden talents, eagerly participated in the day's activities.

The visit began with a soulful prayer song, followed by vibrant cultural performances by the students. The residents were encouraged to join in, creating an atmosphere of joy and togetherness. Later, the students conducted health check-ups, monitoring blood pressure and weight for those who needed it.

The experience left a deep impression on everyone involved. As the day concluded, students reflected on their interactions, expressing gratitude for the opportunity to connect, learn, and grow. It was more than just a visit—it was a day of shared laughter, understanding, and unforgettable memories.

School Health Program

Enlightening Young Minds: A Day of Health and Learning at TMUP School

The fourth-year nursing students recently organized an engaging School Health Programme at TMUP School, leaving a lasting impact on both students and staff. The event, held on October 23, 2024 (Wednesday), began with a warm welcome from the Head Mistress, Mrs. Sheeba, during the school assembly. Miss Shabnam introduced the program, setting the tone for an interactive and educational day.



A highlight of the event was a captive puppet show on Personal Hygiene, which delighted the young audience and effectively conveyed essential health lessons. The children's enthusiasm was evident as they watched and learned.

Following the assembly, a health exhibition was set up across two classrooms, featuring:

- Detailed models of the human body
- Informative specimens
- A working demonstration of water purification
- Interactive displays of the eye and brain structures

The school students actively participated, asking questions and clarifying doubts, while the teachers expressed deep gratitude for the informative and well-organized initiative. The program concluded successfully at 3 p.m., marking yet another meaningful outreach effort by the institution in promoting health awareness among young learners.

Such initiatives reflect the commitment to nurturing community health through education and innovation.

Nourishing Knowledge: World Breastfeeding Week Health Education



On August 7, 2024, at 2:00 PM, the Departments of Child Health Nursing and OBG Nursing organized a health education and diet exhibition at Panayur Anganwadi for World Breastfeeding Week. Fourth-year B.Sc. Nursing students presented diet plans for lactating mothers, explaining caloric needs and preparation methods. The event empowered mothers with practical knowledge to support healthy breastfeeding practices.

Heartfelt Steps: World Heart Day Walkathon

In celebration of World Heart Day, a dynamic event was organized in collaboration with PKDIMS and the Rotary Club, Shornaur. The highlight of the day was an energetic Walkathon, held on September 29, 2024, where enthusiastic nursing students marched to spread awareness about heart health. The walk began at 8:30 AM from Mahaveeram and concluded at PKDIMS by 9:45 AM, symbolizing a collective step toward a healthier future.

The official program commenced with a warm welcome address by Dr. Sobhana P, Hospitality Manager and Soft Skill Developer at PKDIMS, who delivered an insightful session on the significance of World Heart Day. Adding a burst of energy to the event, nursing students from the 4th semester B.Sc. (N) program performed a lively flash mob, captivating the audience.

A crucial CPR demonstration was conducted by Mr. Jayashankar, Health Inspector at PKDIMS, equipping attendees with life-saving skills. The event concluded on a high note at 11:00 AM with a symbolic balloon-raising ceremony, representing hope and commitment to heart-healthy living.

The celebration was a perfect blend of education, awareness, and community spirit, leaving everyone inspired to prioritize heart health in their daily lives.



Partnerships & Collaborations:

MOU Collaborations and partnership with local organizations

Year of Commencement	Name of the partnering institution	List the actual activities under each MoU	Number of students/teachers participated under the MoUs
2023	Medcity International Academy, civil lane road, chembumukku, vazhakkala, Ernakulam, Kochi, 682021	Career guidance classes, awareness session regarding opportunities in nursing profession, development of language skills and placements	60 students 2 faculties
	Navani Meditex Pvt Ltd, 3/487 Adithyan Arcade, Parli, Palakkad, 678612	Industrial visit	150 students 6 faculties
	Maharaj tools and dies, Plot number: 18D, 362/P, Athani Development Plot, Athani. Thrissur, 680581	General health check up, health awareness programs,	58 students 2 faculties
	Orbital orthopaedics X 1/458, first floor, Lourde Centre, Subjail Road, Aluva, 683101	Industrial visit, awareness towards technological advancement in orthopaedics	90 students 5 faculties
	TMUP School Panayur, Palakkad	School health programmes, health exhibition and awareness programmes	120 students 5 faculties
	KTN college of pharmacy, Chalavara, puliyankunnu P.O, Ottapalam, Kerala, 679505	Institutional visit	50 students 2 faculties
	PNNM Ayurveda college, Thrissur	Institutional visit	60 Students 2 Faculties
	Swathy Central School, Vaniyamkulam, Palakkad	Health exhibition	89 Students 4 Faculties

Collaborative activities

Year of collaboration	Title of the collaborative activity	Name of the collaborating agency with contact details	Names of the participants	Source of financial support	Duration	Nature of the activity
2023	Awareness programme on diet among old age people	Emmanuel Geriatric Care and Boarding Home, Thiruvilwamala, Thrissur, 680588	Fourth year B.Sc. Nursing students	Management	1 day	Awareness program
	World Heart Day Hridayathalam	Rotary club, Ponnani road, kaniyampuram, Ottapalam, 679104	Third year B.Sc. Nursing students	Rotary Club	1 day	Marathon and Zumba
	Onam Varavai 2K22	Manomithra Institute of Medical Sciences, Malapuzha, Palakkad, Kerala	Third year B.Sc. Nursing students	Management	1 day	Recreation program
	Academic ample, visit and exploration (Industrial Visit)	Navani Meditex private limited, 3/487, Adithyan arcade, Near sub registrar office, Parli, Palakkad	Fourth year and fifth semester B.Sc. nursing students	Management	1 day	Industrial visit
	NSS volunteers participation in the medical camp	PKDAS Institute of Medical Science	Fourth year B.Sc. Nursing students	Management	1 day	Medical camp
	Insight expeditions (Institutional Visit)	Seventh day college of nursing, Ottappalam	Third year B.Sc Nursing students	Management	1 day	Institutional visit
	Exhibition of Herbal Plants	Government Vocational Higher Secondary School, Koonathara pin: 679523 Phno: 04662227353	Fourth year B.Sc. Nursing students	Management	1 day	Exhibition
	Health exhibition	Swathy Central School, Vaniyamkulam	Fourth semester B.Sc. Nursing students	Management	1 day	Health exhibition
	Charity work	Ardram Charitable Trust, Reg no 15/1V/2011, Panjal, Cheruthuruth, Thrissur	Second year B.Sc Nursing students	Management	1 day	Charity work
	Arogyamela	Government Vocational Higher Secondary School, Koonathara	Fourth year B.Sc. Nursing students	Management	1 day	Health exhibition and Rally

Partnerships & Collaborations:

MOU Collaborations and partnership with local organizations

Year of Commencement	Name of the partnering institution	List the actual activities under each MoU	Number of students/teachers participated under the MoUs
2023	Medcity International Academy, civil lane road, chembumukku, vazhakkala, Ernakulam, Kochi, 682021	Career guidance classes, awareness session regarding opportunities in nursing profession, development of language skills and placements	60 students 2 faculties
	Navani Meditex Pvt Ltd, 3/487 Adithyan Arcade, Parli, Palakkad, 678612	Industrial visit	150 students 6 faculties
	Maharaj tools and dies, Plot number: 18D, 362/P, Athani Development Plot, Athani. Thrissur, 680581	General health check up, health awareness programs,	58 students 2 faculties
	Orbital orthopaedics X 1/458, first floor, Lourde Centre, Subjail Road, Aluva, 683101	Industrial visit, awareness towards technological advancement in orthopaedics	90 students 5 faculties
	TMUP School Panayur, Palakkad	School health programmes, health exhibition and awareness programmes	120 students 5 faculties
	KTN college of pharmacy, Chalavara, puliyankunnu P.O, Ottapalam, Kerala, 679505	Institutional visit	50 students 2 faculties
	PNNM Ayurveda college, Thrissur	Institutional visit	60 Students 2 Faculties
	Swathy Central School, Vaniyamkulam, Palakkad	Health exhibition	89 Students 4 Faculties

Collaborative activities

Year of collaboration	Title of the collaborative activity	Name of the collaborating agency with contact details	Names of the participants	Source of financial support	Duration	Nature of the activity
2023	Awareness programme on diet among old age people	Emmanuel Geriatric Care and Boarding Home, Thiruvilwamala, Thrissur, 680588	Fourth year B.Sc. Nursing students	Management	1 day	Awareness program
	World Heart Day Hridayathalam	Rotary club, Ponnani road, kaniyampuram, Ottapalam, 679104	Third year B.Sc. Nursing students	Rotary Club	1 day	Marathon and Zumba
	Onam Varavai 2K22	Manomithra Institute of Medical Sciences, Malapuzha, Palakkad, Kerala	Third year B.Sc. Nursing students	Management	1 day	Recreation program
	Academic ample, visit and exploration (Industrial Visit)	Navani Meditex private limited, 3/487, Adithyan arcade, Near sub registrar office, Parli, Palakkad	Fourth year and fifth semester B.Sc. nursing students	Management	1 day	Industrial visit
	NSS volunteers participation in the medical camp	PKDAS Institute of Medical Science	Fourth year B.Sc. Nursing students	Management	1 day	Medical camp
	Insight expeditions (Institutional Visit)	Seventh day college of nursing, Ottappalam	Third year B.Sc Nursing students	Management	1 day	Institutional visit
	Exhibition of Herbal Plants	Government Vocational Higher Secondary School, Koonathara pin: 679523 Phno: 04662227353	Fourth year B.Sc. Nursing students	Management	1 day	Exhibition
	Health exhibition	Swathy Central School, Vaniyamkulam	Fourth semester B.Sc. Nursing students	Management	1 day	Health exhibition
	Charity work	Ardram Charitable Trust, Reg no 15/1V/2011, Panjal, Cheruthuruth, Thrissur	Second year B.Sc Nursing students	Management	1 day	Charity work
	Arogyamela	Government Vocational Higher Secondary School, Koonathara	Fourth year B.Sc. Nursing students	Management	1 day	Health exhibition and Rally

Sustainable Initiatives:

Kilikudam: A Splash of Kindness for World Water Day

In celebration of World Water Day, the Community Health Nursing Department and NSS unit organized a meaningful program titled "Kilikudam" at the college campus. The initiative aimed to provide water for birds during the harsh summer months by hanging small pots on trees across the campus.

The event was inaugurated by Prof. Dr. A. Priya Mary Stella, who symbolically poured water into one of the bird pots, marking the beginning of the campaign. The occasion saw enthusiastic participation from the Vice Principal, Heads of Departments, faculty members, NSS volunteers, and non-teaching staff, all coming together for this noble cause.

The program concluded on a warm note with refreshments, leaving everyone inspired to continue supporting such eco-friendly initiatives. This small yet impactful effort highlights the importance of conserving water and caring for our feathered friends, especially during scorching summers.



Say No to Drugs" Campaign Ignites Campus and Community



Drug-Free Campus and Society Initiative, led by the National Service Scheme (NSS). Students from Semesters I, III, V, and VII participated in activities to promote a drug-free environment was held on 08/04/2025.

Highlights:

- Pledge Ceremony: Students and staff vowed to uphold a drug-free lifestyle.
- Awareness Rally: A march with placards spread the anti-drug message.
- Digital Campaign: Infographics and videos amplified awareness online.
- Competitions: Essays, slogans, and skits emphasized prevention.
- Committee Formed: A Drug-Free Campus Committee, led by Dr. Priya Mary Stella, will ensure ongoing efforts.

NSS volunteers, under Mr. Liju James, drove the initiative, fostering a healthier community.

Sustaining the Future: Rain Water Harvesting Session



On June 25, 2024, Dr. Jos. C. Raphel, a consultant in rainwater harvesting and water management, conducted an insightful session for V Semester B.Sc. Nursing students. The program explored the technology of collecting, storing, and purifying rainwater from rooftops, parks, and open grounds for sustainable use. A field visit on July 1, 2024, to nearby houses in Mulangunathkavu, Thrissur, allowed students to observe practical applications of rainwater storage, filtration, and utilization for plants and trees, reinforcing the importance of water conservation.

Clean and Green: NSS Volunteers Lead Cleanliness Drive on Swachh Bharat Diwas



In a spirited effort to promote cleanliness and community service, the NSS unit organized a one-day program in Vaniyamkulam Grama Panchayat as part of the Swachh Bharat Diwas celebrations. The event was inaugurated by Shri K. Gangadharan, President of Vaniyamkulam Grama Panchayat, who commended the initiative.

Lt. Col. Dr. Regina P F delivered an inspiring address, emphasizing the importance of civic responsibility and collective action. The NSS pledge was administered by Ms. Blessy, a dedicated 4th-year BSc(N) student and NSS volunteer, setting the tone for the day's activities.

Armed with brooms, gloves, and enthusiasm, 74 NSS volunteers rolled up their sleeves to clean the stretch from the Panchayat office to the nursing college premises. Their efforts not only beautified the area but also served as a reminder of the power of youth in driving social change. The initiative reinforced the spirit of Swachh Bharat Abhiyan, proving that small steps can lead to a cleaner, healthier future for all.

Sustainability in Action: Building a Greener Future Together

At Nehru Group of Institutions, sustainability is more than a goal—it's our commitment to shaping a thriving future for our planet and communities.

At P.K. Das College of Nursing, sustainability extends beyond the environment to the heart of community well-being. Nursing students are spearheading health awareness campaigns, educating locals on sustainable practices like clean water usage and nutrition. By training future healthcare leaders, the college fosters social sustainability, ensuring access to quality care for all.

Special Features



Farewell to Mrs. Greeshma, K, Lecturer



Republic Day 2025



MOU WITH NGI TBI



New Year Celebration 2025



Parents Teachers Meeting- 2025



Student Nurses Association Executive Committee Meeting.



Lt. Col. Regina P.F. at the TNAI Conference, Chandhigarh.



Lt Col Regina PF Received Letter of Appreciation from MEDWIN Publishers



Certificate of Registration of Design Lt. Col. Regina P. F