Institute of Nursing Sciences and Research, Malabar Cancer Centre
(Recognized by Indian Nursing Council, Kerala Nurses and Midwives Council,

Affiliated to Kerala University of Health sciences)

Moozhikkara P.O, Kodiyeri, Thalassery time

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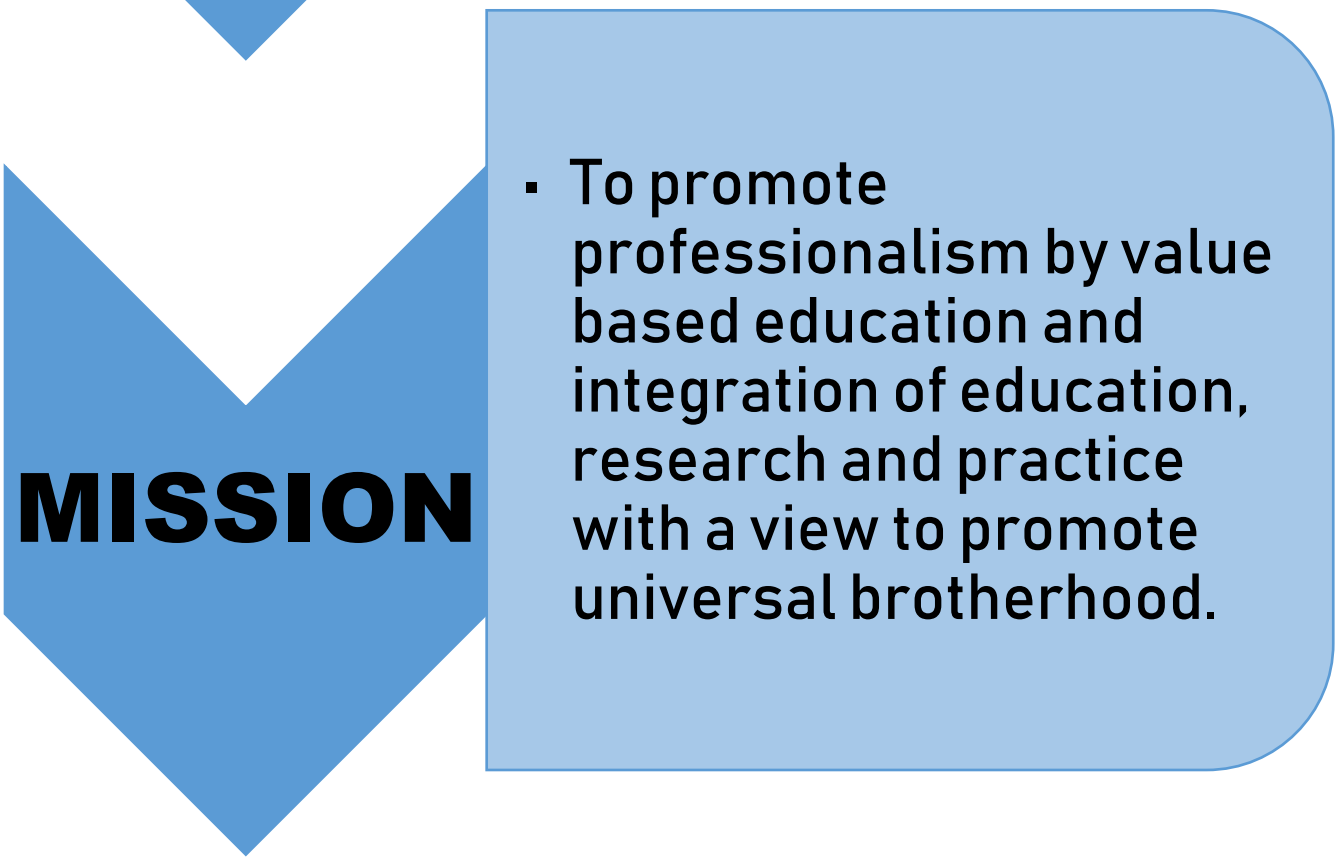
Website:-www.mcc.kerala.gov.ac.in.

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ANNUAL REPORT

2023-2024


VISION
To generate nurses to lead the health care sectors with compassion, capabilities and commitment


MISSION
To promote professionalism by value based education and integration of education, research and practice with a view to promote universal brotherhood.

PHILOSOPHY OF THE INSTITUTION

We, the faculty of the Institute of Nursing Sciences and Research at Malabar Cancer Centre, believe that nursing is a compassionate human service focused on caring for individuals, families, and communities to achieve optimal health and improve people's quality of life. We also believe that nurses should demonstrate qualities of commitment, compassion, competence, and a profound sense of empathetic consideration in their practice. We strongly hold that due to technological advancements and the explosion of knowledge, human needs and expectations are constantly evolving. Despite these advancements, health threats and challenges are increasing daily. We believe that nurses, as the key workforce in the healthcare delivery system, should receive education that equips them with knowledge, skills, affection, and a substantial amount of common sense.

We believe that nursing education should integrate nursing research, evidence-based practice, and problem-solving abilities into its daily teaching and learning activities. We, the faculty, believe that graduates of this institution should have a deep sense of dedication and an unconditional acceptance of individuals who are poor, underprivileged, abandoned, discriminated against, or disabled. We strongly believe that our graduates should understand the importance of love, respect, and dedicated service to our senior citizens. Our goal is to cultivate a new generation of nurses who can lead healthcare services with their knowledge, wisdom, commitment, compassion, and empathy, not only within the institution but also in the community, bringing positive changes to the world's health landscape.

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MANAGEMENT OF MCC

Malabar Cancer Centre is an autonomous Institution, under Department of Health & Family Welfare, by Government of Kerala. The control, administration and management of the Institute shall vest with the Governing body, constituted by the Government of Kerala.

GOVERNING BODY

1.	**Chief Minister of Kerala**	**Chairman**
2	Minister for Health & FW, Kerala.	Vice-Chairman
3	Minister for Electricity ,Kerala	Alternate Vice-Chairman
4	Secretary ,Department of Finance ,Kerala	Member
5	Secretary, Department of Power, Kerala	Member
6	Vice Chancellor- Kannur University	Member
7	Secretary, Department of Health & FW, Kerala	Member
8	An eminent Medical Scientist	Member
9	Secretary, Department of Science, Technology & Environment	Member
10	One nominee of the Ministry of Health ,Government of India	Member
11	Principal, Medical College, Kozhikode	Member
12	Secretary-Planning Department ,Kerala	Member
13	Director- Rajiv Gandhi Centre for Biotechnology, Trivandrum-	Member
14	Director of Medical Education ,Directorate of Medical Education ,Trivandrum	Member
15	Director, Malabar Cancer Centre, Thalassery.	Member & Secretary To Governing Body
16	M.L.A. of the Thalassery constituency	Member
17	President, District Panchayat ,Kannur District	Member
18	Chairman, Thalassery Municipality, Thalassery	Member
19	A public man from North Malabar region(to be nominated By Government of Kerala)	Member
20	One Head of the Department nominated from Malabar Cancer centre, Thalassery by the Government.	Member
21	One nominee of the CHARITABLE SOCIETY Established for rehabilitation and financial assistance for poor cancer patients.	Member

22	Principal/Chief Executive Officer of Medical College, Pariyaram	Member
23	Director, Regional Cancer Centre, Trivandrum	Member

EXECUTIVE COMMITTEE (MCC)

There is also an **Executive Committee** headed by the Secretary, Department of Health & Family Welfare, Govt. of Kerala to look into the day today affairs as well as to streamline the activities of Malabar Cancer Centre, Thalassery.

Executive Committee members:

1.	**Secretary, Health and Family Welfare Department, Government of Kerala**	**Chairman**
2.	Secretary, Finance Department, Government of Kerala	Member
3.	Secretary, Planning &Economic Affairs Department ,Government of Kerala	Member
4.	Secretary, Power Department Government of Kerala	Member
5.	MLA of the constituency in which MCC is situated	Member
6.	Director of Medical Education	Member
7.	Chairman, Thalassery Municipality	Member
8.	Director–Regional Cancer Centre, Thiruvananthapuram	Member
9.	Director-Cochin Cancer Centre & Research Centre, Kochi	Member
10.	Director, Malabar Cancer Centre, Thalassery	Member/Convenor

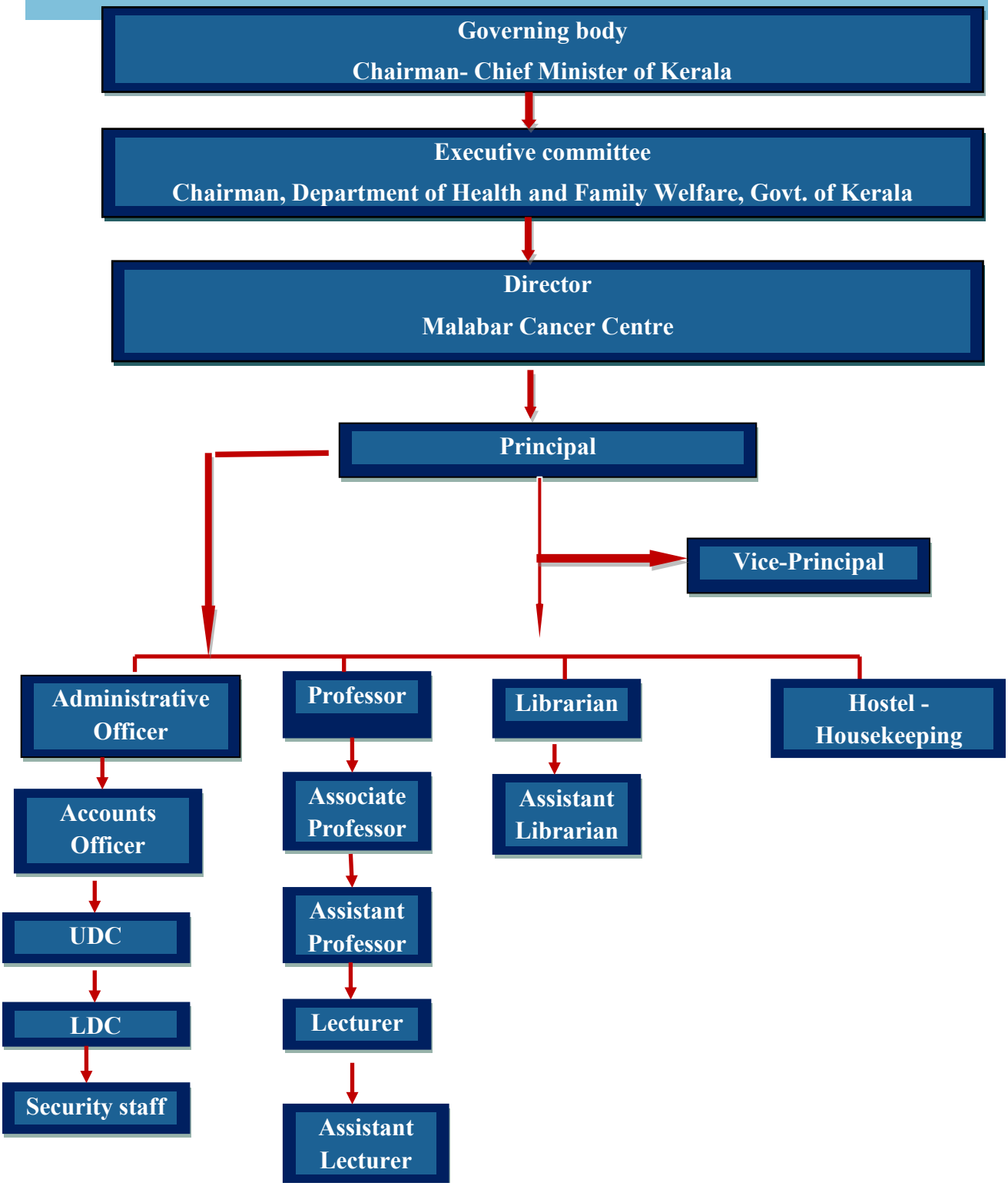
MANAGEMENT OF INSTITUTE OF NURSING SCIENCES AND RESEARCH, MALABAR CANCER CENTRE (INSeR, MCC)

INSeR, MCC is an independent entity under Malabar Cancer Centre. Various Standing Committees, within the Institution, shall manage the administrative and academic aspect of the Institution .The overall activities, policy making, budget etc. will be governed by Administrative Council of INSeR.

The Administrative Council is constituted as follows:-

SI. No	MEMBER	DESIGNATION
1	Director–Malabar Cancer Centre	Chairman
2	Principal–INSeR ,MCC	Vice Chairman
3	Vice Principal–INSeR ,MCC	Convener and Member Secretary
4	Two H.O.Ds of Nursing College-Associate Professor or above	Member
5	One HOD from anyone Clinical Department of MCC	Member
6	Nursing Superintendent/Chief Nursing Officer–MCC	Member
7	Administrative Officer-INSeR, MCC	Member
8	Administrative Officer–MCC	Member
9	Finance Officer/Accounts Officer–MCC	Member

ORGANIZATION CHART
INSTITUTE OF NURSING SCIENCES AND RESEARCH
MALABAR CANCER CENTRE



FROM DIRECTOR'S DESK

PRONOUNCEMENT



I am happy to pen this note in regards to the release of the second annual report of the Institute of Nursing Sciences and Research. Knowing about the achievements of our students and faculty across a range of areas makes us glad. The exceptional all-around performance of the institute's faculty and students during the 2023–24 sessions will undoubtedly serve as a springboard for many additional future concepts. The first batch of BSc Nursing students has passed out and many of them have joined MCC (PGIOSR) as resident staff nurses. They provide the testing ground for the quality of education INSeR imparted and the impetus the INSeR created is evident through them.

The institute aims at improving the infrastructure with a vision to develop the institution as a state of centre for nursing education. This year we have added additional construction to raise the standard of living on campus. Major hurdle the institution faces is faculty recruitment and it is understood that it is a universal issue in the state.

The team INSeR under the dynamic leadership of the Principal Dr. Rohini, has created laudable impact in academics and extracurricular activities. Developing a system based on the principles of discipline, overall growth and development of the institution inclusive of all stakeholders and allegiance to the institution is of paramount importance in reaching the vision of the institution. The team has made significant progress in this direction and I hope it would develop an adorable and emulative model in near future

We hope to develop INSeR as an institution committed to nursing excellence by means of the fruitful collaboration of all the stakeholders involved in the institute. I compliment the students, faculty and staff of the Institute for their contributions in making the organization a vibrant and organic entity.

Collaborations with institutions of excellence in nursing would provide further thrust and fuel in improving the quality of education. Dual responsibility for the faculties is a declared policy of the institution and the implementation process in a unique way is task cutout for the Team INSeR. I hope this would be implemented in the current year and its impact could be assessed in future years.

Research in Nursing sciences is another domain the faculties need to concentrate in coming years. With limited resources in the most populous country is a challenge and the onus on finding remarkable and implementable solutions is on the faculty-researchers of major nursing institutions.

Quality standards and accreditations would bring visibility and transparency in the functioning of the institution and we expect INSeR would embrace the suggestions.

I wish the Institute of Nursing Sciences and Research a grand success in its pursuit of excellence.

Dr.Satheesan.B
Director
Malabar Cancer Centre (Postgraduate Institute of Oncology Sciences and Research)

FROM PRINCIPAL'S DESK



Learning is not attained by chance; it must be sought for with ardor and diligence.
– Abigail Adams

I am pleased to present the Annual Report of Institute of Nursing Sciences and Research, MCC documenting its development and the achievement for the academic year 2023-24. I give thanks to God for all of his blessings on our establishments. I am incredibly appreciative of and grateful to our Director, Dr. Satheesan B., for his continuous support of all of our efforts, accomplishments, and successes.

We all considered the academic year 2023-24 to be significant, as our first bunch of students, the 2018 batch, graduated with honors. The primary objective of every educator and academic institution is to achieve academic excellence. The institution's performance, chiefly evaluated by the Kerala University of Health Sciences' examination, is a crucial indicator of this endeavor. We are pleased to report that we performed well academically and in co-curricular and extracurricular activities during the course of the year. A variety of athletic and cultural events have been held at a greater level by the Student Nurses Association, NSS, and College Union. The students embraced the event of Lumiere - Arts celebration with tremendous excitement and enthusiasm.

My gratitude goes out to the parents, teaching and non-teaching staff, Executive Committee, Governing Body, and other standing committees for their support and direction in the development of this institution. It is especially worthy of note to acknowledge the faculty and students of this college for their unwavering commitment, sincerity, and perseverance in striving for excellence in every facet of education. In closing, I would like to quote Nelson Mandela: "***Education is the most powerful weapon which you can use to change the world***."

Dr. Rohini T
Principal
Institute of Nursing Sciences and Research, MCC-PGIOSR

ABOUT INSeR

INSeR was incepted in the year 2018 which resonates under Malabar cancer care society, Thalassery an apex institution in oncology with the influence of great visionary Dr. Satheesan.B, Director, Malabar Cancer Centre. Moreover the devoted and unexceptional guidance from Principal INSeR Dr. Rohini.T, imparts active and collaborative learning activity that makes the difference to nursing education and human development on the whole. INSeR is recognized by Indian Nursing Council, Kerala Nurses and Midwives Council and is affiliated to KUHS University. Our College of nursing functions with a vision to generate nurse leaders to shoulder the task of frontline fighters in the healthcare revolution with compassion, capability and commitment. There is provision for safe and secure in house hostel facilities with mess service; hostels are equipped with safe drinking water along with CCTV camera and security personnel for safety.

OUR DEPARTMENTS

- Medical Surgical Nursing
- Child Health Nursing
- Obstetric and Gynecological Nursing
- Mental Health Nursing
- Community Health Nursing

PROGRAMMES

BSc Nursing: The annual uptake includes 40 students and 8 supernumerary students (Under Prime Minister's Special Scholarship Scheme). The duration of course is 4 years. The course is recognized by Indian Nursing Council, Kerala Nurses and Midwives Council and is affiliated to Kerala University of Health Sciences. We are currently training 165 BSc Nursing students.



Results /academic achievements

In the current year all our students of various batches have obtained good results in the examination conducted by the KUHS.

Batch	Semester/year	Pass percentage
2018 batch	Fourth year	91.8%
2019 batch	Third year	87%
2020 batch	Second year Third year	65.7% 87.8%
2021 batch	Second semester Third semester	92% 94.7%
2022 batch	First semester Second semester	80.9% 100%



DEPARTMENT OF ADULT HEALTH NURSING (AHN)

"To do what nobody else will do, in a way that nobody else can do, in spite of all we go through; that is to be a nurse.''– Rawsi Williams

Overview

The primary goal of Adult Health Nursing is to enhance the quality of life related to health, focusing on disease prevention, management, and health promotion. This is achieved by applying critical thinking processes to adults who are integrated physically, psychosocially, culturally, and spiritually as they interact with their environment. Adult Health Nursing provides the necessary nursing knowledge and skills for caring for adults, emphasizing a value-oriented attitude centered on the person receiving care.

Adult Health Nursing with integrated pathophysiology, including Geriatric Nursing and Palliative Care Module, is a comprehensive program that combines theoretical learning with extensive clinical practice. The program is designed to provide a strong foundation in nursing theory while also offering practical experience through clinical hours.

The integration of pathophysiology, geriatric nursing, and palliative care modules enhances students' understanding of complex health issues and prepares them to provide specialized care to adult patients, including the elderly and those requiring palliative care. Through this program, students develop the skills and knowledge needed to deliver high-quality care that addresses the unique needs of adult patients across the lifespan

Objective of the department:

- To provide comprehensive health assessments for adult patients, incorporating physical, psychological, social, and spiritual dimensions.
- To develop individualized care plans based on the assessment findings, patient preferences, and evidence-based practice guidelines
- To implement interventions to promote health maintenance, disease prevention, and optimal functioning in adult patients across diverse healthcare settings
- To monitor vital signs, laboratory values, and other indicators to assess the effectiveness of interventions and identify potential complications.
- To educate adult patients and their families about their health conditions, treatment options, and self-care strategies to empower them to actively participate in their care

- To collaborate with interdisciplinary healthcare team members to coordinate care and ensure continuity across various healthcare settings

- To advocate for the rights and preferences of adult patients, respecting their autonomy and cultural beliefs while promoting informed decision-making

- To utilize therapeutic communication techniques to establish rapport, provide emotional support, and address the psychosocial needs of adult patients

- To apply evidence-based practices to manage acute and chronic health conditions in adult patients, promoting optimal outcomes and quality of life

- To evaluate the effectiveness of nursing interventions, reassess patient needs, and modify care plans accordingly to promote ongoing health and wellness in adult patients.

Curriculum

The curriculum planning for adult health nursing in the third and fourth semesters of the Indian Nursing Council (INC) framework encompasses a comprehensive exploration of modern approaches to adult care, with a focus on the identification, prevention, and nursing management of common health issues affecting adults and the elderly. Through a blend of theoretical learning and practical application, students will delve into topics such as holistic assessment, evidence-based interventions, and interdisciplinary collaboration to foster a deep understanding of the intricacies involved in providing optimal care to adult and geriatric populations. Additionally, emphasis will be placed on cultivating critical thinking skills and ethical decision-making to equip future nurses with the competencies necessary to address the evolving healthcare needs of diverse adult populations.

Competencies:

Upon completion of the course, students will be able to apply the nursing process and critical thinking skills to deliver holistic nursing care for selected Medical and Surgical conditions. Specifically, at the end of the Adult Health Nursing II course, students will:

- Explain the causes, pathophysiology, symptoms, diagnostic procedures, treatments, and potential complications of common medical and surgical disorders
- Conduct comprehensive health assessments to establish a database for high-quality patient care, integrating knowledge of diagnostic tests into the data collection process
- Identify diagnoses, prioritize them, and develop nursing care plans accordingly.
- Perform nursing procedures with skill and apply scientific principles while providing comprehensive care
- Apply knowledge of anatomy, physiology, pathology, nutrition, and pharmacology to the care of patients with various medical and surgical disorders

- Identify common diagnostic measures relevant to health issues, focusing on nursing assessment and responsibilities
- Demonstrate proficiency in assisting with or performing diagnostic and therapeutic procedures.
- Demonstrate competency in providing care to patients undergoing treatment for medical and surgical disorders
- Identify the medications used in treating patients with specific medical and surgical conditions
- Plan and deliver individual and group education on key medical and surgical topics.
- Maintain a safe environment for patients and healthcare personnel in the hospital setting

Class/ training programme:

Various teaching-learning methods are employed during the educational process, including lectures, role-plays, demonstrations, seminars, panel discussions, group discussions, symposiums, and field trips. Student understanding is regularly assessed through unit tests, sessional exams, and model exams for both theory and practical aspects of the curriculum.

Clinical experience:

Upon completion of the clinical practicum, students will be able to apply the nursing process and critical thinking in delivering holistic nursing care to adult patients. Our students gain their clinical experience from General Hospital Thalassery, District Hospital Kannur, and Malabar Cancer Centre. They engage in various activities such as clinical presentations, case presentations, and drug presentations. Each student receives 480 clinical hours in the 3rd semester and 480 hours in the 4th semester to improve their skills. This exposure enables students to recognize the causes, pathophysiology, diagnostic measures, and management of patients with complex medical surgical conditions, enabling them to provide comprehensive care to patients.

Skill lab:

The laboratory has been utilized by students for procedure demonstrations, providing them with hands-on experience that enhances their confidence in performing therapeutic procedures. The expertise of the medical-surgical nursing teachers, who contribute significantly by demonstrating each procedure to the students, plays a crucial role in preparing our students to perform well in their clinical rotations

List of faculty:

We have a team of medical-surgical experts teaching the subjects. Our staff from the parent hospital also contributes valuable suggestions in the clinical setting

S.No	Name	Designation
1.	Prof.Dr.Rohini.T	Principal
2.	Mrs I. Ishrath Fathima	Asst .Professor
3.	Mrs.Neenu Pradeep T K	Lecturer
4.	Mrs.Akhina N.P	Asst .Lecturer
5.	Mrs.Sushree U.K	Asst .Lecturer

Conference Attended/ Presented

Sl. No	Name	Name of the programme	Organized by	Date	Attended / presented
1	Prof.Dr.Rohini T	National Surgical Nursing Conference	College of Nursing, CMC Vellore	25.07. 2023	Presented (Resource person)
2	Prof.Dr.Rohini T	International conference on Reforming Nursing Science with Advanced practice and research	JSS College of Nursing, Mysore	19.08. 2023	Presented (Resource person)
3	Prof.Dr.Rohini T	Nursing conference on Intergenerational learning.	College of Nursing Kannur Medical College	07.10. 2023	Presented (Resource person)
4	Prof.Dr.Rohini T	Webinar on Overview of theories in Nursing	Chitkara school of Health Sciences, Chitkara University, Punjab	18.10. 2023	Presented (Resource person)

5	Prof.Dr.Rohini T	National conference on Digitalizing Nursing education.	Baby Memorial College of Nursing Kozhikode	27.10. 2023	Presented (Resource person)
6	Prof.Dr.Rohini T	State level Conference on Critical Care	MCC-PGIOSR	02.12. 2023	Attended (Patron)
7	Mrs.Reshma C R	National Conference on Oncology Nursing Care-Practice and Trends.	Regional Cancer Centre, Thiruvananthapuram	21.01. 2024	Scientific paper presentation
8	Prof.Dr.Rohini T	National conference on Qualitative research designs and analysis.	AIIMS, Raipur	01.02. 2024	Presented (Resource person)

Activities:

- World heart day programme was conducted on 12.10.2023 at District Hospital Kannur during clinical posting. The programme was conducted by Medical Surgical department along with 4th semester B.Sc Nursing students. The organizers of the programme were Mrs. Reshma, and Mrs. Neenu Pradeep Lecturers, and student organizers Ms. Ann Treeza Thomas and Ms. MehrinNazar. The programme was inaugurated by Chief Nursing Officer of Government Hospital Kannur. Students did flash mob and health awareness program. The program was thus successfully completed.

- An e poster making competition titled “Do’s in Diabetes” was conducted as a part of world diabetic day. The organizers of the programme were Mrs. Reshma Lecturer and Mrs. Sushree, Asst. Lecturer. Students from all four batches of INSeR actively participated in the programme. Based on the criteria for evaluation, Ms. Hridya Renjith, 1st semester student secured the first prize.

- World cancer day was observed by students of 4th semester by organizing a flash mob at various places of Thalassery in order to create awareness among public regarding cancer. Students from INSeR won prizes in the quiz competition organized by Malabar cancer

centre, Thalassery. Mrs. Reshma, Lecturer and Mrs. Akhina N.P, Asst. Lecturer, were responsible for this programme.

- Third semester students along with Mrs. Ishrath Fathima, Assistant Professor and Mrs. Sushree, Assistant Lecturer of Institute of Nursing Sciences and Research, Malabar Cancer Centre organized a poster presentation with health talk on the world obesity day theme ‘ let’s talk about obesity’ on 07-03-2024 at General Hospital Thalassery. The programme started at 11.30 am in the OPD section of General Hospital Thalassery, with Dr. Rajeevan, Medical Superintend giving a brief introduction about obesity. Dr. Rajagopal, Pediatrician added on to it with his valuable points. Then two students from 3rd semester had given a health talk on various topics related to obesity. The programme came to an end at 12.15 pm with the participants’ who enthusiastically cleared their doubts from the students after the class. The programme was a great success.

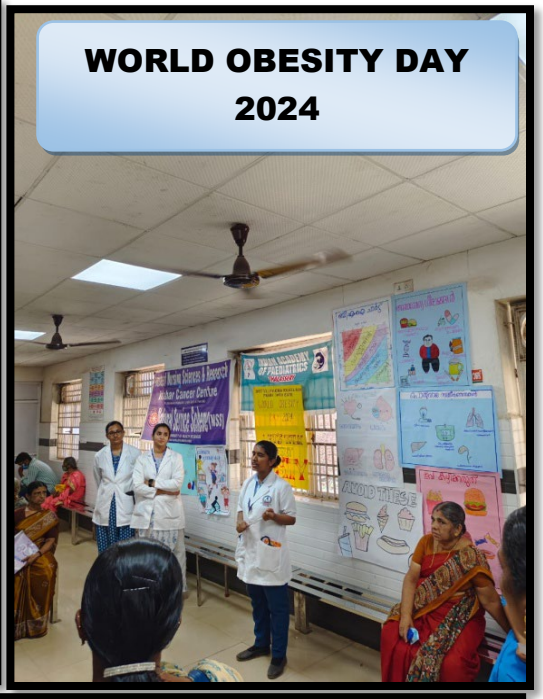
DEPARTMENTAL ACTIVITIES GALLERY

DEPARTMENT OF ADULT HEALTH NURSING

WORLD CANCER DAY 2024
(WINNER OF QUIZ- Mr.BABITH, 4TH YR B.Sc.N)



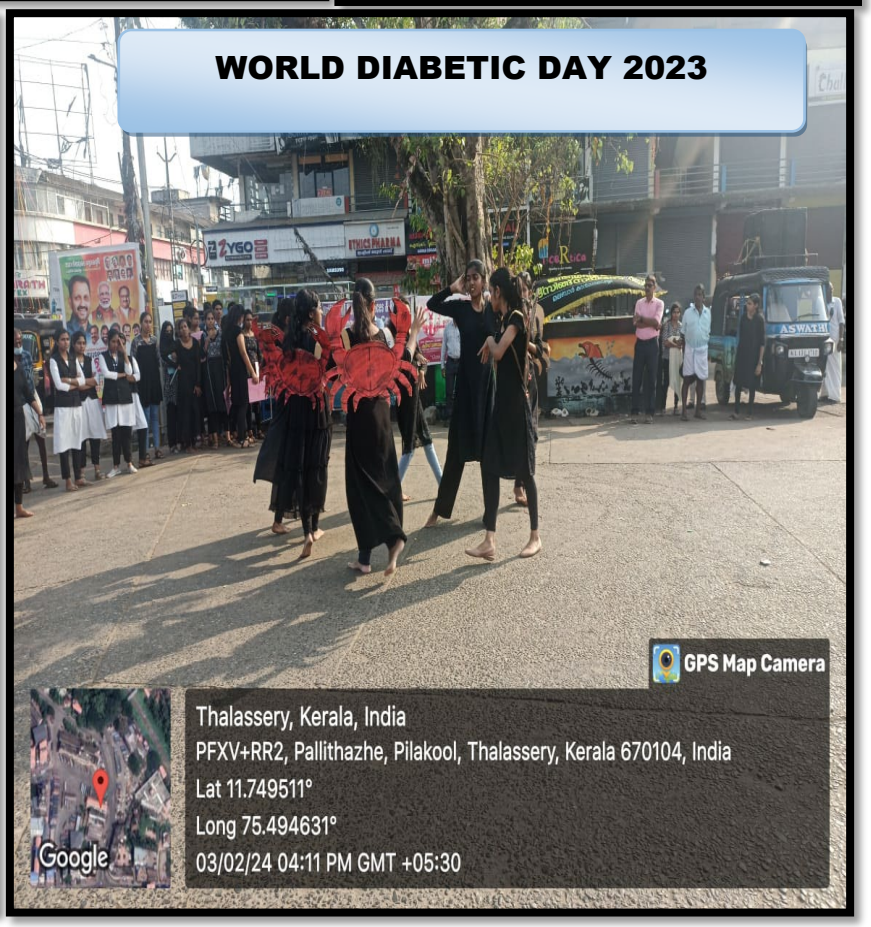
WORLD OBESITY DAY 2024



WORLD HEART DAY 2023



WORLD DIABETIC DAY 2023



DEPARTMENT OF CHILD HEALTH NURSING



"I am a part of the team 'Child Health Nursing'……getting a child to be at ease during their hospitalization is one of the most rewarding things I've ever experienced"

Overview:

The Child Heath Nursing Department is a crucial part of healthcare, providing specialized care for infants, children, and adolescents across wide range of settings. This specialty address the unique physical, emotional, and developmental needs of young children through promotive, preventive, curative and rehabilitative approaches. Interdisciplinary collaboration is crucial in providing comprehensive, compassionate care which will enable to enhance the quality of care in specialized areas such as neonatal nursing, critical care nursing, pediatric medicine, pediatric hematology & oncology nursing, pediatric cardiology nursing, pediatric neurology, pediatric surgical nursing, and developmental pediatric nursing

The Institute of Nursing Sciences and Research (INSeR) of Malabar Cancer Centre under the eminent guidance of Prof. Dr Rohini. T (Principal) has a well-established Child Health Nursing Department which effectively manages the curriculum of the students. The department focus on patient and family centered care based on key competencies like communication, collaboration, teamwork, advocacy, teamwork and informatics, professional development and leadership, safety, quality improvement, research and evidence-based practice

Objectives

- To identify the anatomical and physiological difference between an adult and a child.
- To explain the modern concept of child care
- To describe the normal growth and development of children in various age groups.

- To identify the health needs and problems of neonates and children.
- To understand the pathophysiological changes in underlying conditions
- To identify the various preventive, promotive and rehabilitative aspects of child care and apply them in providing nursing care to children in the hospital and in the community with a special emphasis on health education.
- To analyze the scope of practice in clinical genetics on development of a child
- To impart quality education to the students in the field of child care
- To organize staff development programs.
- To uplift child health nursing through promoting evidence-based practice

Curriculum

The Child Health Nursing is distributed in the fifth and sixth semester of the Indian Nursing Council (INC) curriculum framework. This course is designed for developing an understanding of the modern approach to child-care, identification, prevention and nursing management of common health problems of neonates and children.

Competencies

On completion of the course, the students will be able to

- Develop understanding of the history and modern concepts of child health and child-care.
- Explore the national child welfare services, national programs and legislation in the light of National Health Policy 2017.
- Describe the role of preventive pediatrics and perform preventive measures towards accidents.
- Participate in national immunization programs/Universal Immunization Program (UIP).
- Identify the developmental needs of children and provide parental guidance.

- Describe the principles of child health nursing and perform child health nursing procedures.
- Demonstrate competencies in newborn assessment, planning and implementation of care to normal and high-risk newborn including neonatal resuscitation.
- Apply the principles and strategies of Integrated management of neonatal and childhood illness (IMNCI).
- Apply the knowledge of pathophysiology and provide nursing care to children with respiratory system disorders.
- Identify and meet childhood emergencies and perform child CPR.
- Apply the knowledge of pathophysiology and provide nursing care to children with Cardiovascular, GI, genitourinary, nervous system disorders, orthopedic disorders, eye, ear and skin disorders and communicable diseases
- Provide care to children with common behavioral, social and psychiatric problems
- Manage challenged children
- Identify the social and welfare services for challenged children

Class & training programs

Around 100 hours is distributed to cover the theory and 240 hours to complete clinical requirements in Child Health Nursing through V and VI semester. The Semester V covers a theory of 60 Hours which is equivalent to three credits. The training program consists of both Skill Lab of 40 Hours equivalent to 1 credit and 160 hrs equivalent to 2 Credits. The Semester VI covers a theory of 40 Hours which is equivalent to two credits. The training program consists of 80hrs equivalent to 1 Credits. Various teaching-learning methods including lectures, role-plays, demonstrations, seminars and field trips are employed for the educational process. The evaluation of the total curriculum is based on both summative and formative assessment.

Two sessional examinations are conducted in each semester and students will be given performance appraisal after each clinical posting.

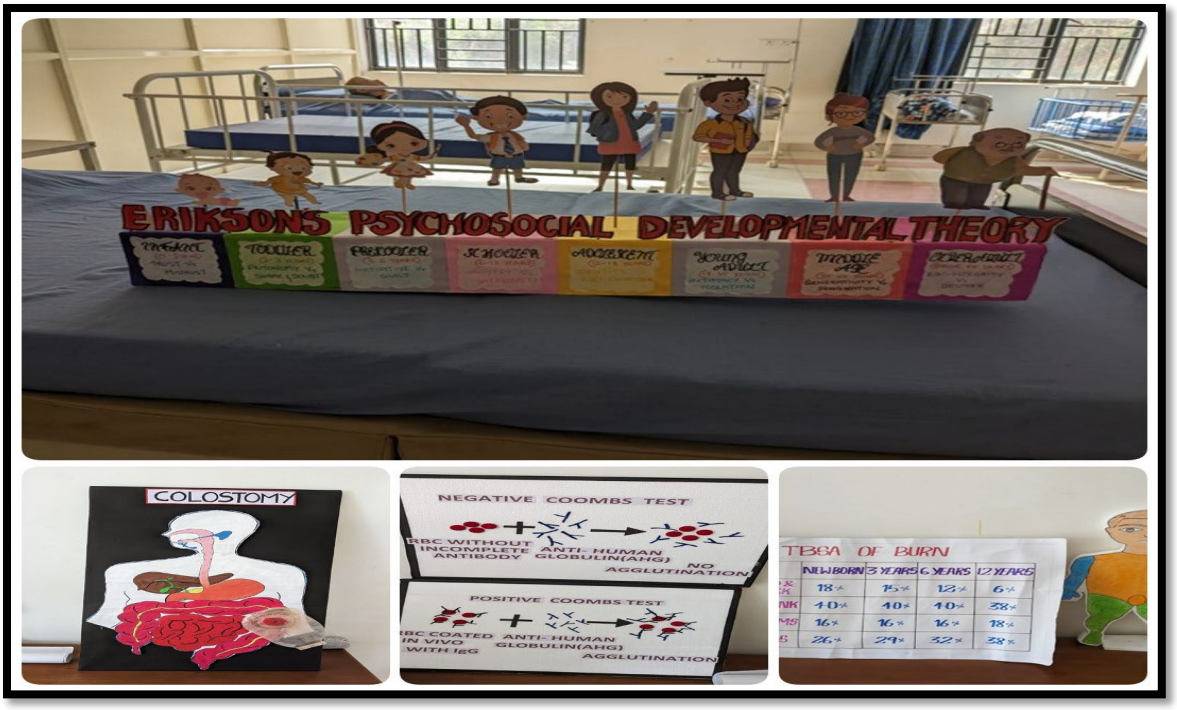
Clinical Facilities

Students are given an opportunity to integrate theory with practice through various clinical postings specific to pediatric nursing. Postings are arranged in the following hospitals:

1. **General Hospital, Thalassery & District Hospital, Kannur**: Common medical conditions, Normal Newborn, Immunization clinic.
2. **Malabar Cancer Centre, Thalassery:** Pediatric hematology & Oncology, Chemotherapy unit, protocols followed during administration & side effects, Bone Marrow Transplantation
3. **Institute of Maternal & Child Health (IMCH), Govt. Medical College, Calicut:** It provides a perfect arena for students to observe the exact book picture in various advanced medical & surgical conditions, pediatric communicable diseases, high risk newborn, pediatric emergency, pediatric intensive care unit, neonatal intensive care unit, Operation Theatre, Hematologic disorder ward (Thalassemia, Heamophilia, ITP etc). Here students also get an opportunity to see metabolic screening tests, milk bank, and application of clinical genetics.
4. **Field visits:** Child guidance clinic, Anganwadi centers, Cold chain center, Special schools

Skill Lab

A well set up pediatric lab with the essential mannequins like newborn mannequin, cardio pulmonary resuscitation dummy is available. A mannequin to demonstrate procedures like sites of injection administration, colostomy care is also there. Students are also given an opportunity to have a hands-on experience in this mannequin.



Faculty

S.No	Name	Designation
1.	Dr. Simi Mohan	Associate Professor
2.	Mrs. Arya.V	Lecturer
3.	External Faculty from MCC	

Conferences Attended

Sl. No	Name	Name of the programme	Organized by	Date	Attended / presented
1	Dr.Simi Mohan (Delegate)	National Workshop on Integration of genomics in Nursing profession	NIMS College of Nursing, Thiruvananthapuram	16.03.2024	Attended

Activities

The department jointly organizes activities along with MCC pediatric department [Children's Day]. We also conduct school health program, mother health program, health talks. We do observe days of importance like World Thalassemia day, World Hemophilia day. National girl child day was observed and a short film competition was conducted on the theme "**Invest in Girl's Right : Our Leadership, Our Well being"**. V semester students have bagged the prize for the best short film.





DEPARTMENT OF MENTAL HEALTH NURSING

Life doesn't make any sense without interdependence. We need each other, and the sooner we learn that the better for us all." — Erik Erikson

Overview

Department of Mental Health Nursing (Psychiatric Nursing) played an important role throughout this year focusing on academic and non academic development of the under graduate students. The department under the experienced faculty provides education to the students regarding various psychiatric disorders, its management and the roles played by psychiatric nurses in caring for the clients. It enables the students to develop confidence in dealing with the clients and to consider the client as an individual. The department also prepares the students to function effectively as psychiatric nurse, educator, researcher and a counselor for dealing the minor problems of the clients and family.

Objective:

Equip the students to

- Develop an understanding of scientific approach to maintain mental health, prevention and management of common mental health problems.
- Describe the psychopathology, clinical manifestations and treatment of the mental illness.
- Develop positive attitude towards mental health, mental illness and the mentally ill.
- Provide comprehensive nursing care to Psychiatric patients.
- Identify the role of the psychiatric nurse in different setting.

Curriculum

The students under our department were third year B.Sc. Nursing students, 40 in number. As part of the curriculum 110 hours of classes on psychiatric nursing and 360 hours of clinical experience were provided to the group. The core competencies on which the department concentrated while providing education for students were:

Core competencies

- Psychiatric interview & history collection
- Mental status examination
- Recording therapeutic communication
- Therapeutic relationship
- Psychotropic medication administration
- Nursing management of clients
- Psychiatric emergencies management
- Psycho-education
- Counseling

Classes and training program

Different methods like lecture method, discussion, role play, observation visit, debate, seminar and presentations were used for teaching the students.

Clinical experience

The students were provided with 2 months of clinical experience at Christuraj Institute of Mental Health and Neuro Science (CIMHANS), Kuthuparamba, Kannur. During the period of clinical postings, the students got the opportunity to care for clients with different conditions; Schizophrenia, BPAD, RDD, Anxiety disorders, ADS, Substance abuse disorders etc.

List of faculty:

We have a team of two Psychiatric nursing experts teaching the subjects.

Sl no.	Name	Designation
1	Dr.Binuja.P	Associate Professor
2	Mrs. Sreetha. P	Lecturer

Conference Attended/ Presented

Sl.No	Name	Name of the programme	Organized by	Date	Attended/ presented
1	Dr. Binuja	International Conference on " Physical To Digital- Reinventing Health Care"	Kerala co operative hospital federation ltd.	19.10.2023 to 20.10.2023.	Attended

ACTIVITIES / AWARENESS PROGRAMME

- Conducted psycho-education and interactive sessions for inpatients and family members at CIMHANS during the clinical training period in June & July 2023.
- Organized structured exercise programs and rehabilitative activities for inpatients at CIMHANS during the clinical training period in June & July 2023.
- Organized awareness skit on 'SAY NO TO DRUGS' for the patients and family members as part of observing the International day against drug abuse and illicit trafficking on 26th June 2023 at CIMHANS followed by poster exhibition and 'Choose Life Not Drug' pledge taking.
- As part of the World suicide prevention day, Video making competition for the students at INSeR was organized. The day was observed at INSeR, on 13th September 2023 and the event was inaugurated by Dr.Rohini.T, Principal INSeR by revealing the 'INSeR Tree of Hope', followed by awareness class on 'Role of peer group in Preventing suicide' by Ms. Jisha Abraham, Lecturer, Psycho-Oncology, MCC. Fourth year B.Sc. Nursing students also organized an awareness role play.
- World Mental Health day was observed on 6th October 2023 at INSeR, by revealing the theme 'Mental Health is a Universal Human Right'. A debate on 'Social media - a threat to Mental Health of the Youth?' was organized by the fourth year B.Sc. Nursing students.
- Educational visit to K.E Safiya Autism centre at Kidaramkunnu, Thalassery was organized for the Third year B.Sc. Nursing students on 24th November 2023.

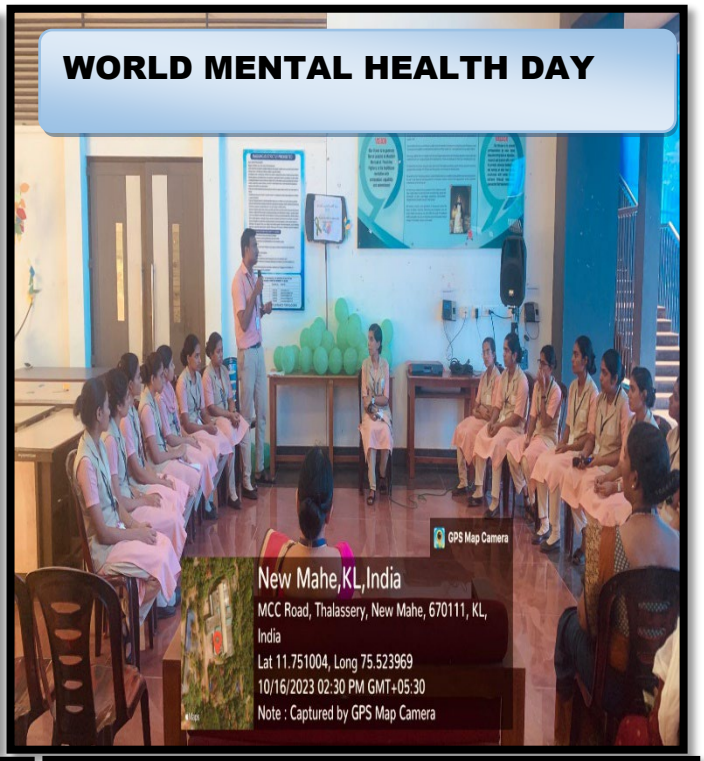
- Educational visit to Samaritan old age home, Thalassery was organized for third year B.Sc. Nursing students on 25th November 2023. Interaction sessions and relaxation activities for the inmates was the highlight of the visit.

The Mental Health Nursing Department being the integral part of INSeR functions in association with other departments under the guidance of Dr. Rohini. T, Principal, INSeR, MCC, Thalassery. In this academic year through organizing educational services for the students and mental health awareness programs for public Mental Health Nursing Department was functioning effectively and fruitfully.

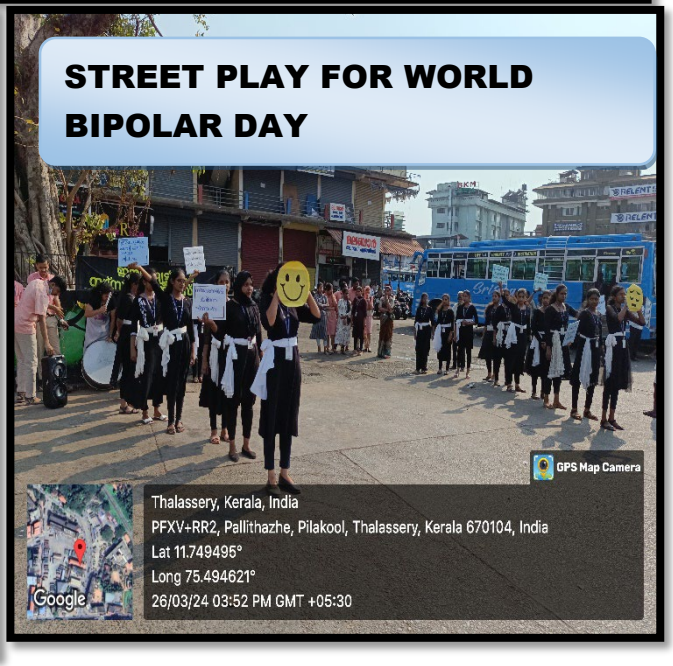
DEPARTMENTAL ACTIVITIES GALLERY

[DEPARTMENT OF MENTAL HEALTH NURSING]









DEPARTMENT OF OBSTETRICS AND GYNAECOLOGICAL NURSING



"Mothers hold their children's hands for a while, but their hearts forever".

Obstetrics and Gynaecological Nursing is a speciality of caring for women during pregnancy, childbirth and postpartum period. To have healthy children, it is important to promote the health of the childbearing women and their families from the time before childbirth. Prenatal care and guidance is essential to the health of women, the fetus and to the emotional preparation of the family for childrearing. Prompt and efficient care helps to reduce maternal mortality and morbidity.

The Obstetrics and Gynecological Department is designed for graduate students to develop in-depth knowledge and skill of students in different settings of maternity nursing, including physical and psychological aspect of parenting. The curricula are constantly updated to meet the changing requirements of the health care demands. The department provides opportunities for academic and experiential learning for the students in professional and personal growth in times of globalization and rapid educational change .It also prepares our students to function as effective educators, managers and researchers in the field of maternity nursing.

OBJECTIVES

- To develop methods to monitor and evaluate midwifery skills of the faculty and students.
- To demonstrate competency in maternity skills which promote quality care to the women and child
- To demonstrate ethical in practice and research.
- To communicate effectively with diverse audiences, especially with low –income families with limited access to quality health services.

CURRICULUM

This course is designed for students to appreciate the concepts and principles of obstetric nursing and helps them to acquire knowledge and develop attitude and beginning skills in rendering nursing care to normal and high risk pregnant women during antenatal, intranatal and postnatal periods in hospital and community settings. It also helps to develop skills in managing normal and high risk neonate and participate in family welfare programmes.

COMPETENCIES:

After the completion of the course, students will be able to apply the nursing process and critical thinking skills to deliver nursing care for selected Obstetrics and Gynecological conditions. Specifically, at the end of the Midwifery- II course, students will:

- Demonstrate professional accountability for the delivery of nursing care as per INC standards/ICM competencies that are consistent with moral, altruistic, legal, ethical, regulatory and humanistic principles in midwifery practice.
- Communicate effectively with individuals, families and professional colleagues fostering mutual respect and shared decision making to enhance health outcomes.
- Recognize the trends and issues in midwifery and obstetrical nursing.
- Review and describe the anatomy and physiology of human reproductive system and conception.
- Describe and apply physiology in the management of normal pregnancy, birth and puerperium.
- Demonstrate competency in providing respectful and evidence based maternity care for women during the antenatal, intra natal and postnatal period.
- Uphold the fundamental human rights of individuals when providing midwifery care.
- Promote physiologic labor and birth, and conduct normal childbirth.
- Provide evidence based essential newborn care.
- Apply nursing process approaching caring for women and their families.
- Describe the methods of contraception and role of nurse/midwife in family welfare services.
- Recognize the importance of and actively participate in family welfare programs.
- Provide youth friendly health services and care for women affected by gender-based violence.

CLASS/ TRAINING PROGRAMME:

Different Teaching-Learning methods are employed during the educational process, including lectures, role-plays, demonstrations, seminars, panel discussions, group discussions, symposiums, and field trips. Student understanding is regularly assessed through unit tests, sessional exams, and model exams for both theory and practical aspects of the curriculum.

CLINICAL EXPERIENCE:

The students received adequate clinical experiences related to obstetrics and gynecology from District hospital (Kannur), General hospital (Thalassery). We have gynecological posting in our parent hospital Malabar Medical Centre .Students received very good clinical experiences and are also provided with facilities of doing all the procedures for improving their clinical skills.

Skill Lab

OBG Labs has been utilized by students for procedure demonstrations, providing them with hands-on experience that enhances their confidence in performing procedures. The expertise of the OBG Department faculties, who contribute significantly by demonstrating each procedure to the students, plays a crucial role in preparing our students to perform well in their clinical postings.

LIST FACULTY DETAILS:

We had a team of four OBG experts teaching the subjects. Our staff from the parent hospital also contributes valuable suggestions in the clinical setting.

Sl.No	Name of the faculty	Designation
1.	Mrs. Anju. P.P	Assistant Professor
2.	Mrs. Linju T.K	Lecturer
3.	Mrs. Athira Mohan	Lecturer
4.	Mrs. Arya .V	Lecturer

CONFERENCE ATTENDED/ PRESENTED

Sl. No	Name	Name of the programme	Organized by	Date	Attended/ presented
1	Mrs.ANJU.P.P	A State Level Conference On Critical Care[Criticon 2k23]	Clinical nursing education& Institute of Nursing & research , MCC Thalassery	02.12.2023	Attended
2.	Mrs. LINJU T.K	A State Level Conference On Critical Care[Criticon 2k23]	Clinical nursing education& Institute of Nursing & research , MCC Thalassery	02.12.2023	Attended

ACTIVITIES:

- Breastfeeding week "was celebrated on 04.07.2023 by B.sc (N) IV Year. Students conducted a role play at GH Thalassery on the importance of breast feeding. A role play

and Quiz programme was conducted at GH thalassery and INSeR, MCC respectively. role play was conducted on 4/8/2023 at GH Thalassery. Musical role play with bouncing noise was done by the fourth year BSc Nursing students at Antenatal ward; theme was regarding **Health Awareness Regarding Breast Feeding** After the role play special felicitation address was given by Mrs. Suma M G (Senior Nursing Officer GH Thalaserry)

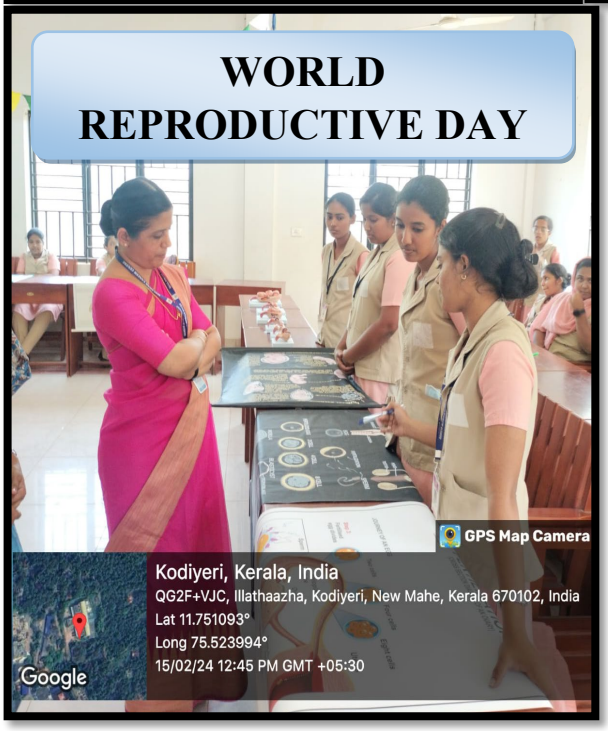
- Dec 1st World AIDS Day was celebrated in Eranholi PHC . Fourth year students organized street play and health education at Koolibazar and GHSS Vadakkumbad School. Theme for this year was let community lead which our students conveyed beautifully
- As part of World Reproductive Day on 12 February 2024, Department of Obstetrics & Gynecology organized a health play based on the theme followed by a health exhibition involving 4th year B.Sc Nursing students. Mrs. Linju TK, Lecturer, welcomed the gathering.Prof. Dr. Rohini T (Principal INSeR) Chief guest of the program, inaugurated the program by releasing the reproductive symbol. Then Mrs. Anju PP, Assistant Professor, took a class on reproductive health awareness. Prizes were also distributed to the winners of the quiz competition held as part of the Breastfeeding Week celebration. The fourth year B.Sc Nursing students conducted health play and health exhibition based on the changes that occur in women at various stages. The program ended at 1 pm.

DEPARTMENTAL ACTIVITIES GALLERY

[OBSTETRICS AND GYNAECOLOGICAL NURSING]









DEPARTMENT OF COMMUNITY HEALTH NURSING



The community health nursing department aims in training students to work in partnership with their local communities, work to prevent illness and promote health by identifying barriers to healthy lifestyles and general wellness. The students are shaped to be the interpretative bridge between the acute sector and community services. They embrace a social model of health to advocate and give a voice to the community accessing care. The Department of Community Health Nursing envisions offering diverse experience that facilitates evidence based practice and provides quality care to individual, family and community as a whole. It is our commitment to train the students to provide the highest standards of health care to all sections of the society, particularly to those who are socially and financially deprived

The department actively participates in training, service, and research in the field of community health nursing. The field training is imparted in both rural and urban areas. The rural community health training was given at Government Community Health Centre Pinarayi and Primary health center Eranholi. The community health service provides preventive, curative, rehabilitative and referral services to the residents of these villages. The urban health services are provided through the Urban Primary health centre, Kolassery. The department actively participates in all national health programmes implemented by Government of India and State government. The department has an excellent infrastructure to aid teaching and learning activities.

The course is designed for students to practice community health nursing for the individual, family and groups at both urban and rural settings by using concepts and principles of health and community health nursing. The allotted theory and practical hours for the subjects are 100 hrs and 320 hrs respectively

OBJECTIVES

- Identify the health needs and problems of the people.
- Appreciate the role of nurse in rural community setting.
- Develop skills in planning, implementing and evaluating health care services to individuals, families and community in the rural setting.
- Identify the health needs and problems of individuals, families and community.
- Provide comprehensive family health care by using the nursing process approach.
- Demonstrate the ability to educate and counsel the community and school children using different approaches.
- Assist in family welfare services.
- Attend various clinics.
- Recognize the health care delivery systems and their role in providing services to the community.

Class training program

For the academic excellence of the students we are conducting three internal exams and one model exam for each batch of students in an academic year including unit tests.

- For developing practical skill and community participation students participate in various health programmes in the community and health centers in the respective areas of field visit.
- Conducting health camps in accordance with community health nursing practical.
- To meet the required practical hours, students were sent to General Hospital, Thalassery, Community Health Centre, Panoor and Pannyanoor and also Urban Community health Centre, Kolassery.

Community health nursing posting

This year students were posted in following health centers and their affiliated field from October 2023- January 2024

- PHC Pinarayi
- PHC Erhanoli
- UPHC Kolaserry
-

In the health center students assisted in routine clinical work and also gave health education on various communicable and non communicable diseases. Other than that they performed under 5 assessments, antenatal and postnatal assessment. In the field they performed survey and visited families as part of their requirements

RUHSA (CMC Vellore)

Students had one week of integrated health training from13/11/2023 to 18/11/2023 at RUHSA, CMC Vellore .under the guidance of experts they had very enriching exposure to rural community health. They even performed mime and puppet shows for the rural population which gave them first hand exposure to various methods of health education.

VISITS

- Visit to district TB Centre Kannur district on 23/11/2023
- NACO , DH Kannur on 23/03/2023
- Factory visit to RUBBCO on 11/12/2023

List of faculty

S.No	Name	Designation
1.	MrsJosnaJesmon	Asst .Professor
2.	Mrs.AarathiIttiel	Asst .Lecturer

Activities

- Students with collaboration with PHC Eranholi celebrated WORLD AIDS by spreading awareness through street play and health education at Koolibazar and GHSS Vadakkumbad school. Theme for this year celebration was let community lead which our students conveyed beautifully
- Students with collaboration with UPHC Kollassery spread awareness on tobacco by performing street plays at PHC. The effort of students was well appreciated by the MO and staff of PHC Kollassery.
- Our final year students conducted an ASHA training program for ASHA's under UPHC Kolassery. They educated the ASHA about palliative care its importance, what is their role is in palliative care. Furthermore they performed a role-play conveying the significance of palliative care
- Our final year students with collaboration with UPHC Kolassery organized a health camp for lower primary school students of Mubarak school Thalassery. Total around 80-90 students were assessed for their weight, height, vision, and dental carries. Our students also supported the UPHC staff in carrying out school immunization. They ended the camp with a skit on healthy habits for school going kids

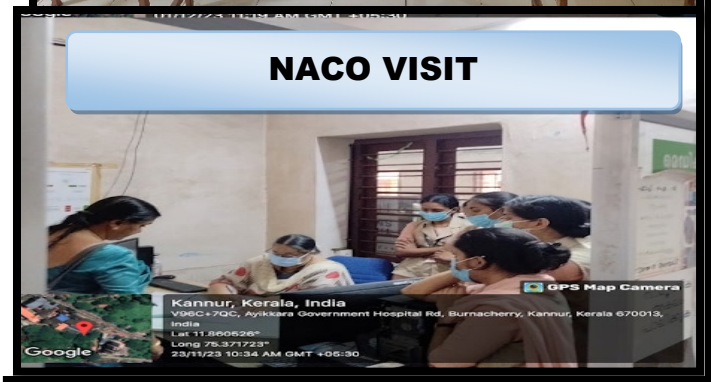
EXHIBITION

Our students organized an exhibition and health education on good eating habits in lower primary school in Eranjoli. They made models of food pyramid, health plate, deficiency disease and its symptoms

DEPARTMENTAL ACTIVITIES GALLERY
[COMMUNITY HEALTH NURSING]













LIBRARY AND LEARNING CENTRE



The INSeR Library is dedicated to providing high-quality service and an exceptional collection of materials to support the mission, goals, educational, and research needs of students, staff, faculty, administration, and community users, in alignment with the College's curriculum. The library is well-equipped and internet-enabled, with a vast collection of books, journals, and databases available for students. It subscribes to a variety of international journals and databases, offering a comprehensive learning experience

The library provides ample space for reading and note-taking. The reading room now accommodates 60 seats and 15 tables, allowing up to 60 students to use the facility simultaneously. Students can access the library's digital collection through its digital library section. Books are organized on shelves using a classification system to facilitate easy access for students. Additionally, there is a separate reading room for faculty members and staff, equipped with two computers for their exclusive use

All library users have access to the full text of subscribed databases such as Clinical Key, Ovid, Wiley Online, Springer Nature, and Taylor & Francis

Information Resources Status as on APRIL 2024Total Number of Books	**3025**
Reference Books	1182
General Reading	52
National Journal (Print)	10
International Journal (Print)	05
Online Journals	46

- Number of Books Purchased - 320
- Number of Books issued – 1755

INFRASTRUCTURE

The college features well-designed offices for the Principal, Vice Principal, faculty, and administrative staff, as well as a reception and waiting area. The Principal's office includes an attached toilet and provision room. Each office is equipped with independent telephone lines and interconnected with the hospital and hostel, providing internet access.

The college office operates from 9:00 am to 5:00 pm on all days except holidays. It handles all matters related to students and staff, including distribution of university mark lists, scholarships, assistance with e-grants, registration with professional organizations, issuing transcripts, course and conduct certificates, transfer certificates, and fee payments.

Examination hall

INSeR is equipped with an examination center under the Kerala University of Health Sciences. The center can accommodate students for exams and is equipped with closed-circuit television, online access for uploading question papers, printing facilities, and scanning machines.

Classroom

There are ample classrooms at INSeR, each capable of accommodating the students assigned to that class. The rooms are well-ventilated and well-lit, creating a conducive environment for learning. Each classroom is equipped with student chairs, tables, a chalkboard, a lecture stand, LCD projectors, and a computer. Additionally, there are tables and chairs for teachers to facilitate teaching.

Faculty rooms

There are spacious teachers' rooms at INSeR, each accommodating 7-8 teachers. These rooms are equipped with separate toilet and handwashing facilities for the teaching faculty.

LABS

Pre Clinical Lab

A comprehensive understanding of human anatomy is essential for a career in the medical profession. At our institute, the labs are well-equipped with proper lighting and ventilation. The pre-clinical lab is equipped with a variety of equipment, including an adult human articulated skeleton, an adult skull, a pelvis, a heart with large blood vessels, an eye with different sections, an ear with different sections, a full set of disarticulated adult human skeleton, and specimens such as a gall bladder with gall stones, a cyst, an appendix, a normal uterus, a placenta, a uterus with sub mucous fibroid, as well as different charts of all the body systems. The lab is furnished in a way that allows students to acquire knowledge through various demonstrations, enhancing their understanding of human anatomy and physiology.

Foundations of Nursing Lab

Our Foundations of Nursing Lab is highly functional and fully furnished, equipped with various manikins including multi-functioning manikins and a CPR manikin with a monitor. All necessary instruments are available in the lab, providing students with hands-on experience in nursing skills. The lab has adequate space for performing demonstrations and practical sessions, ensuring that students receive comprehensive training in nursing fundamentals

Advanced Skill Lab

The Advanced Skills Lab at our institute plays a crucial role in helping nursing students stay updated with the latest technological advancements in the profession. It is furnished with state-of-the-art equipment and instruments, including an Advanced Cardio Pulmonary Resuscitation Manikin, a Crash Cart, a Trolley, and an advanced manikin capable of demonstrating more than 10 nursing procedures Students use this lab to practice procedures before performing them on human patients, which enhances their skills and confidence. This hands-on practice in the Advanced Skills Lab ensures that students are well-prepared to provide high-quality care in real-world clinical settings

Obstetrics and Gynecological Lab

The Obstetrics and Gynecological Skills Lab at the nursing college serves as an invaluable resource for nursing students, enhancing their educational experience. The lab is equipped with various practice manikins, including a full-body Pregnancy Simulator, an obstetric manikin, pelvic models, an Ultrasonography simulator (Biometric and Gynecology), and a high-fidelity childbirth simulator. These resources provide students with a realistic and simulated clinical environment to practice and demonstrate competency in a range of obstetric and gynecological nursing skills. The lab plays a crucial role in preparing students for their future roles in providing care to women during pregnancy, childbirth, and other reproductive health scenarios

Pediatric Lab

The Pediatric Nursing laboratory is designed to help students develop a modern approach to child care. It provides a strong foundation for handling newborns and children using manikins. The lab is equipped with Pediatric CPR manikins, Pediatric Procedure manikins with all orifices, Baby dolls, an infantometer, a weighing machine, an Oxygen hood, a Pediatric stethoscope, a BP Apparatus with Pediatric Cuff, a variety of play materials, various models, and adequate articles and equipment to demonstrate procedures to students. This lab helps students develop skills in carrying out and assisting with various pediatric procedures in clinical and community settings. It provides a hands-on learning experience that prepares students for their roles in pediatric nursing

Community Health Nursing Lab

The Community Lab is spacious, well-ventilated, and provides a healthy learning environment. It is equipped with all the necessary equipment for providing basic care in terms of primary health care, including 30 community bags, maternity kits, and other essential items. The lab is also arranged with models of boreholes, sanitary wells, deep and shallow wells, French latrines,

septic tanks, etc., allowing students to practice procedures. Additionally, students use various charts and AV aids related to community health care, such as those displaying boreholes, in community health education programs aimed at improving the health status of individuals.

AV-Aids Lab

Audio-visual aids (AV-AIDS) play a crucial role in enhancing student engagement and understanding. The AV-AIDS lab is equipped with the latest equipment, including overhead projectors (OHPs), charts, models, and various types of boards. These tools provide high-tech educational media to support the teaching-learning activities of students, helping them respond actively to the audio-visual stimuli and derive maximum benefits from their learning experiences.

Nutrition Lab

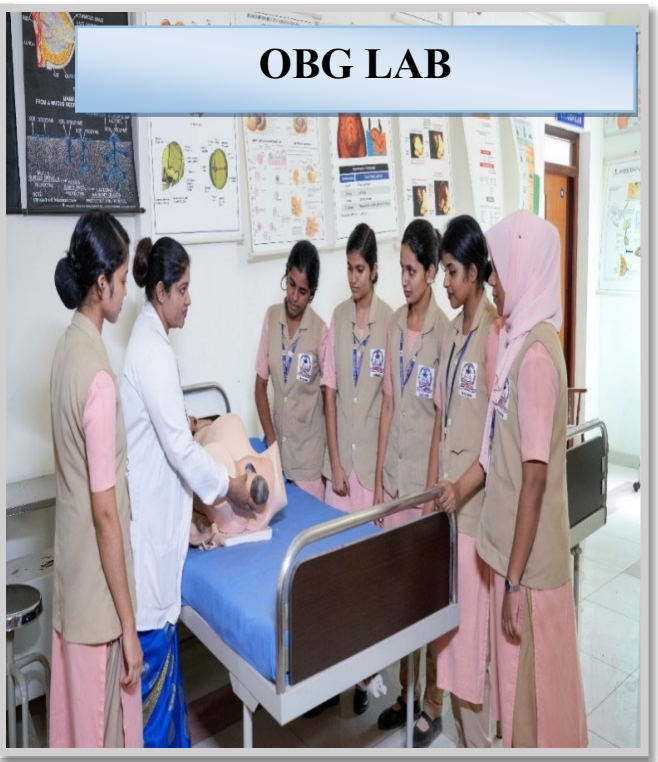
The Nutrition Lab is designed to help student nurses acquire sufficient knowledge for maintaining optimum health at various life stages. Students learn to assess the nutritional needs and caloric requirements of different age groups and during various disease conditions. The college's well-equipped nutrition lab provides practical knowledge on planning diets tailored to meet patient needs and requirements. Students are taught to scientifically plan menus based on the calorific

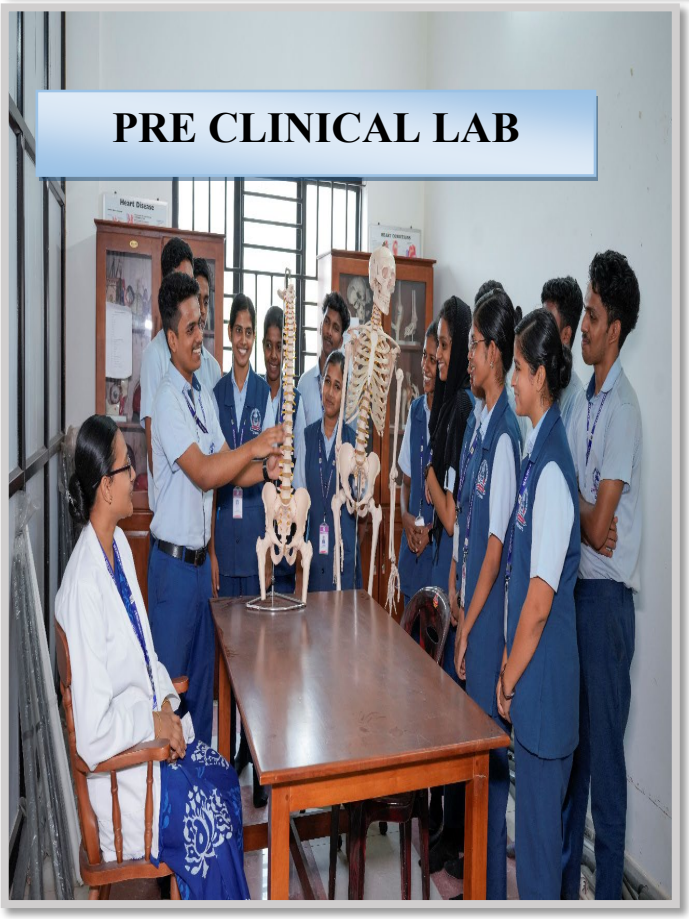
Computer Lab

Nursing is a field that has always embraced technological advancements, and computers have become integral to hospital and private practice cultures, as well as to the nursing profession as a whole. Given the importance of computer literacy in nursing, we provide personal computers with updated software and internet connections, along with e-learning facilities, to our students. We encourage them to utilize these resources to the fullest extent possible. At our institute, we have access to scanned scripts of manual exams or online exams, which can be marked and evaluated digitally. This not only enhances efficiency but also aligns with modern practices in healthcare education and assessment.

PHOTO GALLERY OF DIFFERENT LABS AND IFRASTRUCTURE









NUTRITION LAB



ADVANCED CLINICAL LAB



FOUNDATION LAB



PEDIATRIC LAB



VARIOUS COMMITTEES AND ACTIVITIES

The various committees as stipulated by State Nursing Council and KUHS are functioning as per the policies. The following are the list of the committees constituted in INSeR.

- College Development Committee
- College Council Committee
- Academic Monitoring Cell/Curriculum Committee
- Disciplinary Committee
- Continuing Nursing Education/ Staff Development Committee
- Journal club
- Grievance Redressal Committee
- Internal Complaints Committee
- College Union
- Student Nurses Association
- PTA (Parents Teacher Association)
- SSGP (Students Support And Guidance Program)
- Hostel Welfare Committee
- Anti-Ragging Committee
- Finishing School
- Red Ribbon Club
- NSS (National Service Scheme)
- Staff welfare committee
- Coordinators meeting
- Departmental committees
- Library committee

In addition we do have INSeR Administrative committee for the prolific discussions and precise decisions that are taken for the staff and students welfare.

Continuing Nursing Education (CNE)

In an objective to improve and updating the knowledge, continuing nursing education programme was conducted in INSER, MCC. We had selected topics based on current trends related to all the nursing fields (Nursing education, Nursing research & practice). With the approval of higher authority, CNE was conducted in every month.

Sl No.	Date	Name of the Teacher	Topic
1	20.04.2023	MrsAthira Mohan	Vital signs
2	15.05.2023	MrsReshma C R	Drain Care
3	10.06.2023	MrsReshma C R	Cardiovascular Assessment
4	24.06.2023	MrsSushree U K	Nasogastric Tube Insertion

5	18.07.2023	MrsNeenu Pradeep T K	Wound Dressing
6	06.08.2023	MrsTittu Sebastian	Oral Care
7	23.09.2023	MrsAnnu Pinto	Tracheostomy Care
8	11.11.2023	MrsLinju T K	Oral Medication Administration
9	09.12.2024	MrsHanibernia S	Prevention of Sexual Harassment at work place
10	30.01.2024	Mrs Arya V	IV Cannulation
11	19.02.2024	Mrs. Akhina N.P	Eye drop Installation

Co-ordinators Meeting

Weekly coordinators' meetings are conducted to address operational difficulties in academic planning. The objective of these meetings is to assess the effectiveness of curriculum delivery, the achievement of departmental goals, learning outcomes, and the meeting of targets and benchmarks. These meetings help ensure that academic plans are on track and that any challenges are addressed promptly

Staff Welfare Committee

In the institution there is an active and functional staff welfare committee under the chairship of Prof. Dr. Rohini T, Principal, INSeR and Mrs.Neenu Pradeep T.K, lecturer as the Staff Secretary. We have been conducting faculty meetings every month and discussing about the activities of the institution and staff welfare. All faculties are actively engaging in contributing suggestions during meeting. Also staff welfare committee is extending the hands for appreciating the faculties for achievements, special days as well as those who are in need. Committee is raising fund by collecting contributions from faculties in a monthly basis to meet the expenses.

Library Committee

The Library Committee at INSeR serves as the advising and advocacy agency for the Library, focusing on general policy, planning, programs, goals, and objectives to support the institution's needs for teaching, learning, research, and community building. The committee is chaired by the Principal of INSeR, with the Vice Principal serving as Vice Chairperson, the Librarian as Convener, and all Heads of Departments (HODs) and Class Coordinators as Members.

The objectives of the Library Committee are as follows:

- To support the librarian in planning library activities and policies
- To gather feedback from faculty members and students, and plan for improvements and enrichment of the library
- To serve as a link between the library and its users
- The committee meets once a month to discuss and address these objectives.

College Development Committee

The College Development Committee (CDC) is the apex body of the institution responsible for planning and executing development activities. It determines the program of instructions, internal evaluation, and discusses the progress of studies in the college. The prime objective of the CDC is to prepare a comprehensive development plan for the institute on an annual basis, covering areas such as academic, placement, infrastructure, administrative, and admission growth. The committee meets once every four months to review and plan these activities.

Finishing School for Final Year Students

The Finishing School Programme is a competency-based pre-employment program designed to provide support and insights to students regarding innovations in the profession. As a part of finishing school, BLS training was given to nursing students on 16/12/2023, from 9 am to 12 pm at seminar hall, Malabar Cancer Centre. The programme was a huge success; both the students as well as the staff nurses who took classes were highly appreciated.

Students Support and Guidance Programme

Kerala University of Health Sciences launched a holistic approach for the welfare of students named Student Support Guidance programme. The emphasis given in this programme is the overall development of the students by addressing their academic, psychosocial physical and reproductive health issues. Holistic student support service programme has been developed by pooling the knowledge and vision of academicians, development of professionals and the student community. The programme activities were designed at par with the largest strategic concepts in health human resources development. Mentor -Mentee meeting is conducting every month and addressing all kinds of problems of students. As the numbers of crimes against girls are rising in the country, SSGP unit of Institute of nursing sciences and research in collaboration with Kerala police conducted a self defense Programme for girls to empower through comprehensive awareness and practical training program. SSGP team has a significant role in the overall development of the students during their student life.

Parent Teachers Association

The Parent Teachers Association of INSeR actively involves in the development of the students and the organization. Regular executive and class PTA meetings are held based on the formulated PTA bye-laws and SOP’s. PTA helps for the smooth working and the progress of the college for maintaining good discipline and high academic standards

Disciplinary Committee

The Discipline Committee is established to maintain a calm and peaceful academic atmosphere on campus. Its objectives include developing norms to regulate student behavior, reducing violence and confrontation among students, and promoting good and healthy practices. The committee ensures and enforces strict discipline within the college campus, monitors students'

punctuality, receives complaints, conducts inquiries to ascertain the truth, and takes disciplinary action against those who violate the rules. Decisions are made based on the principles of natural justice, and if necessary, special inquiry committees are involved in the decision-making process

Grievance Redressal Committee for Students

In accordance with the directives of the Kerala University of Health Sciences, the Institute of Nursing Sciences and Research at Malabar Cancer Centre has established a Grievance Redressal Committee for students. The committee meets once every four months to address grievances related to student problems and provide solutions to resolve them. All grievances raised by students are discussed in the committee, and measures are undertaken to resolve them through discussions with the Principal.

Red Ribbon Club

The Red Ribbon Club is a movement initiated by the Government of India in schools and colleges to raise awareness about HIV/AIDS. Following instructions from the Kerala Nurses and Midwives Council, INSeR has also initiated this club with the main objective of eliminating HIV/AIDS by 2025. The club aims to observe World AIDS Day and Blood Donation Day and to spread awareness about HIV/AIDS among the public

College Alumni

INSeR initiated the Alumni association by including first batch students on June 2023. The main aim of the alumni association is to support and guide the alumni who have recently completed their course. It also focuses the overall professional development of the graduates.

Journal Club Presentation

We conduct a journal club among teaching faculties with the aim of improving knowledge and exchanging ideas and skills. Through this club, faculty members critique topics in groups, which helps identify errors, analyze and interpret the topic, and draw conclusions based on findings. In the academic environment, journal club presentations and critiques broaden our knowledge and provide meaningful feedback.

Journal Presentation topics

Sl No	Date	Paper presented for Journal club	Presented by
1.	18/7/2023	Challenges and adaptation strategies of nurses in caring for patients with covid-19 in Iran	Dr. Simi Mohan
2.	4/9/2023	Examination of relationship between thanatophobia and resilience level of nurses working in intensive care unit and palliative care unit	Dr Binuja
3.	13/10/23	Knowledge attitude and barriers of nursing research among bsc nursing students in selected nursing college of malapuram district	Prof.Dr Hanibernia
4.	15/12/2023	A retrospective comparison of water birth and conventional vaginal birth among women deemed to be low risk in secondary level hospital in Australia	Mrs Anju Pp
5.	20/1/2024	Clinical nurses research priorities in hospital settings: Delphi survey	Mrs Josna
6.	10/.02/2024	Correlation between critical thinking dispositions and self esteem in nursing students	Ms. Reshma C R
7.	23/3/2024	Effectiveness of progressive muscle relaxation techniques among client with anxiety undergoing alcohol de-addiction in selected rehabilitation centres Madurai, Tamilnadu	Mrs Sreetha



COLLEGE UNION

INTRODUCTION

The college union is an elected body of students of the college for the promotion of the practice of democracy and leadership. The college union activities offer students opportunities to grow in cooperation with others in areas of services to fellow human beings. The college union consists of Chairman, Vice Chairman, Secretary, Joint Secretary; Arts club Secretary, Sports club Secretary, Magazine editor, One Union Councilor and Four Representatives for UG. The Union functions under the guidance of staff advisors appointed by the Principal.

The college has sectional associations in each department. The college union brings the best out of the students by organizing cultural and sports competitions. The term of the union assumes office until the date of elections which are conducted in the next subsequent year.

OBJECTIVES

- The aim of the union is to help students engage themselves in meaningful pursuits outside the co- curricular programs of the college and to provide opportunities for training as good citizens.
- The union will try to achieve this aim through meaningful programs.
- To promote opportunities for the development of character, leadership, efficiency , knowledge and spirit.
- To encourage arts and other cultural, educational and recreational activities among students.
- To work for the general welfare of the students community
- To identify talents in students and to develop them in the needed directions for the representation of college events.
- To develop the sense of democracy and leadership qualities in students.

Following are the **elected members** of the College **Union for the** Academic Year **2023-2024**

Sl.no	**Various post**	**Name of the elected members**
1.	Chairman	Ms. Stephy Mathew
2.	Vice Chairman General	Tintu P T , Elcita Anne Vincent
4.	Secretary	Ms.DilshaFathima .K
5.	Joint Secretary	Ms. Sariga P.V

6.	Arts club Secretary	Ms.Gopika Ramachandran
7.	Sports club secretary	Ms. Abiya Saj Mathew
8.	Magazine editor	Ms. Kadeejath Fazna Saleem
9.	Union Councilor	MsSneha Sunny
10.	One representatives from each UG course	Darsana S (Fourth year) Aparna P.P (Third year) Nihal C (Third semester) Samuel K. Peter (First semester)



COLLEGE UNION ACTIVITIES

EVENTS OF SPORTS - KUHS

- Badminton boys and girls were conducted on 02.11.2023 at Malabar Medical College - our 4 boys and 3 girls participated.
- Chess was conducted on on 20.11.2023 at Govt. Homeo Medical College - 2 boys and 2 girls were conducted.
- Throw ball (girls) was conducted on 29.11.2023 at KMCT, Calicut - our12 girls participated.


GPS Map Camera
Taliparamba, Kerala, India
29Q7+7MW, Velapuram, Taliparamba, Kerala 670141, India
Lat 12.03815°
Long 75.364133°
24/08/23 01:04 PM GMT +05:30
Google



THE NATIONAL SERVICE SCHEME (NSS)

The National Service Scheme (NSS) is a Central Sector Scheme of Government of India, Ministry of Youth Affairs & Sports. It provides opportunity to the student youth of 11th & 12th Class of schools at +2 Board level and student youth of Technical Institution, Graduate & Post Graduate at colleges and University level of India to take part in various government led community service activities & programmes. The sole aim of the NSS is to provide hands on experience to young students in delivering community service. All the youth volunteers who opt to serve the nation through the NSS led community service wear the NSS badge with pride and a sense of responsibility towards helping needy

OBJECTIVES

- Understand the community in which they work
- Understand themselves in relation to their community
- Identify the needs and problems of the community and involve them in problem-solving
- Develop among themselves a sense of social and civic responsibility
- Utilize their knowledge in finding practical solutions to individual and community problems
- Develop competence required for group-living and sharing of responsibilities
- Gain skills in mobilizing community participation
- Acquire leadership qualities and democratic attitudes
- Develop capacity to meet emergencies and natural disasters and
- Practice national integration and social harmony



NSS STUDENT LEADERS

WORLD ENVIRONMENT DAY

June 5 th 2023, World Environment Day urges all of us to protect our natural surroundings. World Environment Day is both a global celebration and a platform for public outreach. The students of INSeR MCC planted tree saplings in and around the campus. The programme was inaugurated by Prof DrRohiniT, Principal INSeR MCC at 10 am by planting a flowering tree sapling. All programme came to an end by 12pm.





INTERNATIONAL YOGA DAY

A yoga awareness class including practical session was conducted by Mr. Sanathana Babu, yoga master for first semester BSc Nursing students on 22/06/2023.It was really a wonderful experience for all students and teachers. Around 3pm the program was started. Then he demonstrated some yoga postures and made students to repeat it. Proper guidance and clearance was provided. Students were very excited to be the part of that class.





WORLD BLOOD DONOR DAY

As a part of blood donor day NSS volunteers of INSeR MCC donated blood to MCC in the blood donation camp which is conducted in INSeR campus itself on 23/06/2023 at 9:30 am. The donors of NSS volunteers were the role model for entire students in the college. Prof Dr. Rohini T, Principal INSeR MCC and Prof Mrs. Hina Hyder Vice Principal visited the camp and appreciated the volunteers for their initiation. The donors were refreshed with juice and snacks. All programme came to an end by 12pm





ROAD SAFETY& TRAFFIC RULE AWARENESS PROGRAMME

Road traffic accidents are one of the leading cause of death in our country and globally .The NSS volunteers of INSeR MCC attended the online free quiz of Road Safety & Traffic rule Awareness Programme and got awareness about the road safety & traffic rule 27/07/23.Many of them are awarded with certificate.

PREAWARENESS CANCER SURVEY

The parent hospital (Malabar Cancer Centre) of Institute of Nursing Sciences & Research, Malabar Cancer Centre adopted Panniyannur grama panchayath in order to achieve healthy young generation by improving knowledge related to prevention and early detection of cancer.As a part of this, NSS volunteers from 2nd semester BSc Nursing students of INSeR , organized pre-awareness survey regarding cancer among the people of Panniyannur grama panchayath on 20/08/23 from 8:30 am. Students were divided into groups and visited homes along with Asha workers of panchayath and asked questions on the basis of prepared questionnaire to people by drawing lot





CELEBRATIONOF WORLD SUICIDE PREVENTION DAY

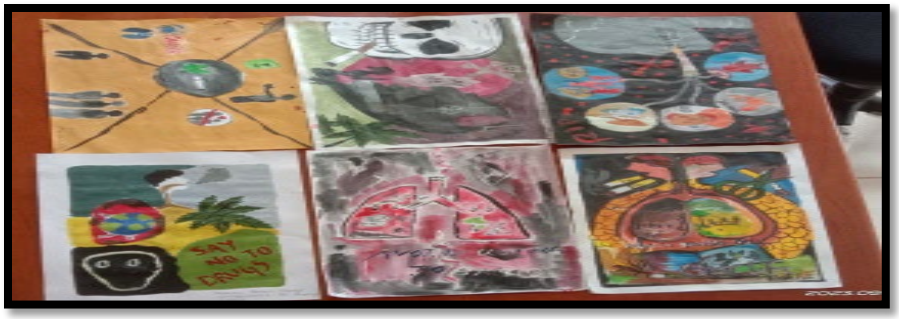
As a part of world suicide prevention day, NSS unit along with Mental Health Nursing Department of INSeR MCC organized an awareness program on 13/09/2023 at 3pm in INSeR campus. Dr. Rohini T Principal INSeR inagurated the function by revealing the hope of tree which is prepared by the NSS volunteers from 4th BSc Nursing





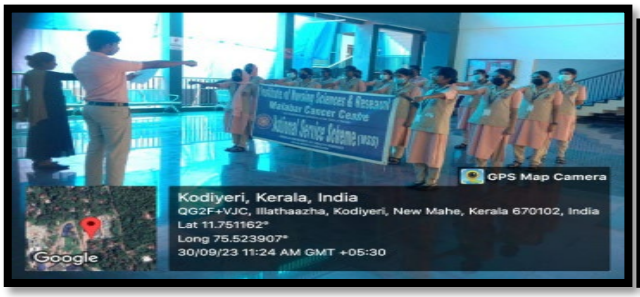
NSS DAY CELEBRATION

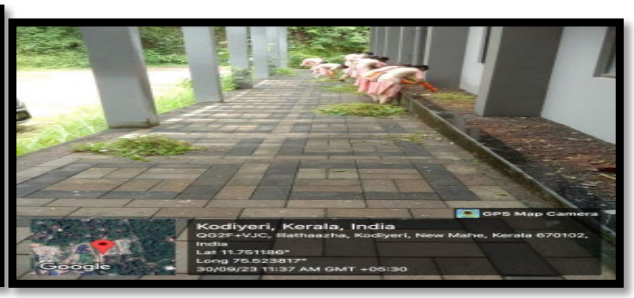
Every year NSS day is celebrated on 24thseptember. As a part of NSS day, on 29th September 2023 poem writing , story writing and poster making competition were organized by NSS unit at 12pm and prized creation will be published in *Nethi* magazine of Malabar Cancer Center. The competitions were based on the topic 'Tobacco is a threat for society' and twenty volunteers participated in the competition.



SWACHHTA HI SEWA CAMPAIGHN

Swachhata Hi Seva (SHS) campaign was celebrated from 15th September to 2nd October to reinforce the concept of Sanitation as everyone's business. Theme of SHS-2023 is Garbage Free India' with focus on visual cleanliness and welfare of Safain Mitras. As a part of it, cleaning drive campaign at INSeR and Swachhata pledge taking event were conducted on 30/10/2023 at 11 am .Twenty volunteers from 4th semester BSc Nursing students participated and pledge administration was done by Eldho James 4th semester BSc Nursing . Students were divided into groups for cleaning and each group was assigned to clean separate area with the guidance of Mrs. Tittu Sebastian NSS Programme officer. All events came to an end by 1pm.



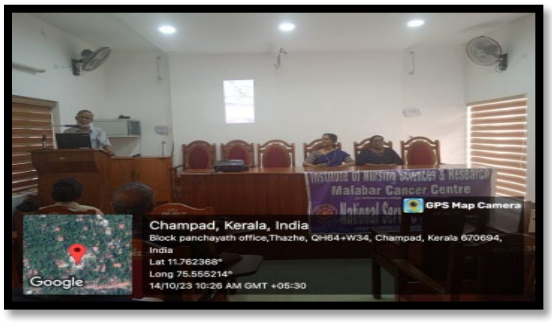


CELEBRATION OF WORLD HOSPICE AND PALLIATIVE CARE DAY

NSS unit along with Department of Pain & Palliative medicine MCC organized an awareness class on 14/10/2023 at 9:30am in adopted village Panniyannur PHC, and Panchayath President Asokan inagurated the function .This year the theme was Compassionate Communities: Together for Palliative Care. Dr. Biji M.S HOD of Pain & Palliative medicine MCC spoke about the different aspects of palliative care .In addition to that Mrs. Sheeja Nellikka Nursing Officer taught care of colostomy to the volunteers.Ms Ann TreesaThomas (NSS volunteer from 4th Semester BSc Nursing) and Eldho James(NSS volunteer from 4th Semester BSc Nursing)

assisted the nursing officer for colostomy care demonstration . All event came to an end at 1pm .





KERALEEYAM ONLINE QUIZ

In accordance with government guidelines NSS volunteers of 2nd Semester BSc Nursing Akhila K, Fairoos V, Gowri Sinsha C participated in the online quiz of Keraleeyam on 19/10/2023.

BREAST CANCER AWARENESS DAY CELEBRATION

As a part of observing this day seventy NSS volunteers of INSeR MCC shared the image of Breast Self Examination through social media especially in Kudumbasree unit .It helped to create awareness among society regarding the early detection of breast cancer



KERALA PIRAVI CELEBRATION

As a part of Kerala piravi, Malayalabhasha Samiti of Malabar Cancer Centre organized poem writing (malayalam) competition through online based on an imge. NSS volunteers of INSeR Ms. Ansumol Benny, Ms. Darshana , Mr. Athul Raj of IVth Year BSc Nursing, Ms Ann TreesaThomas of 4thSemester BSc Nursing, attended the programme.



ANTIMICROBIAL AWARENESS WEEK CELEBRATION

As a part of this NSS volunteers from 3rd semester BSc Nursing students attended the awareness class on prevention of antimicrobial resistance on 25/11/23 at 12;30 pm .Dr. Sarath Assistant Professor, Microbiology, Malabar Cancer Centre spoke about the various aspects of the same. The whole programme came to an end by 1pm.



CERVICAL CANCER AWARENESS MONTH CELEBRATION

Cervical Cancer Awareness Month is an important opportunity to share evidence-based information, promote vaccination against human papillomavirus (HPV) and screening, and emphasize the World Health Organization (WHO) Global Cervical Cancer Elimination Initiative. As a part of it NSS volunteers from 3rd semester BSc Nursing students attended the sensitization class on prevention of cervical cancer on 12/01/24 at 3 pm by Mrs. Arya V

Lecturer INSeR .The class was informative and whole event came to an end by 3:30 pm.





CERVICAL CANCER AWARENESS MONTH CELEBRATION

World Cervical Cancer awareness is a global health care event to raise awareness of cervical cancer which is observed for the entire month of January every year. Dr.Adersh D, Assistant Professor, Dept. of Gynec. Oncology, Malabar Cancer Centre explained the different aspects of cervical cancer. He emphasized on the prevention and early diagnosis of cervical cancer through Cervavac vaccination and Pap smear test.





GLAUCOMA AWARENESS WEEK CELEBRATION

World Glaucoma Day is observed every year on March 12. The day serves as a reminder for individuals worldwide to prioritize their eye health and undergo comprehensive dilated eye exams to detect the presence of glaucoma at an early stage. NSS unit of Institute of Nursing Sciences and Research, Malabar Cancer Centre under the leadership of Mrs. Tittu Sebastian (NSS Programme officer) organized an awareness class on glaucoma awareness week on the basis of theme 'Uniting for Glaucoma free world' on 14-03-2024 for 5th semester B. Sc Nursing students





MERA PEHLA VOTE DESH KE LIYE CAMPAIGN

Mera Pehla Vote Desh Ke Liye Campaign aims to ensures universal enlightened participation of youth in election. The main objective of the initiative is to engage and encourage young voters to come out and vote and to convey the importance of voting for the larger good of the nation. The initiative symbolizes the importance of Elections and the pride of voting in the largest democracy in the world. As a part of Mera Pehla Vote DeshKeLiye Campaign NSS volunteers took voters pledge through online on 19/03/2024. It helps to strengthen the spirit of democracy among students.





CELEBRATIONS

GRADUATION CEREMONY

The graduation ceremony for the 1st batch B.Sc Nursing was conducted at Pearl view Regency on 12th October 2022. The chief guest for the ceremony was Dr. C P Vijayan, Pro Vice Chancellor, Kerala University of Health Sciences who inaugurated the function. Prof. Dr. Geethakumari V. P Guest of Honor gave the message to the graduates. The presidential address was delivered by Dr. Satheeshan Balasubramanian, Director, MCC. The sworn declaration was done by the Principal, Dr. Professor Rohini T. Dr. Binuja, Associate Professor, INSeR, MCC gave the vote of thanks.



LAMP LIGHTING CEREMONY

INSeR conducted the lamp lighting and Oath taking ceremony of the 2023 Batch BSc Nursing students on 18th January 2024 at INSeR campus from 10am-12pm.The chief guest of this occasion was Mrs. Lalithambika C, Deputy Nursing Superintendent GH Thalassery. The Program was inaugurated by lighting of lamp with the auspicious hands of dignitaries. The core of the function that is passing of lights to the budding nurses was carried out by Prof. Dr. Rohini T, Principal INSeR and the Nursing Superintendent, MCC. Later, the program was concluded at 12pm by vote of thanks by Dr. Simi Mohan, Associate Professor, INSeR.





STUDENT NURSES ASSOCIATION

Introduction:

The Student Nurses' Association of India (SNAI) is an affiliated association of the student nurses under the umbrella of TNAI. SNAI was established in 1929 during TNAI Annual Conference in Madras. Miss L.N.Jeans, Nursing Superintendent, Government General Hospital, Madras, was the first Honorary Organizing Secretary of SNAI. The pioneer unit of SNA was established in General Hospital, Madras. The first SNA annual Conference was held in Delhi during November 1932. The main purpose behind the establishment of SNAI was to uphold the dignity and to promote a team spirit among students with professional ethics. It encourage the students to gain a positive attitude towards nursing profession and develop leadership qualities. It also help students to participate and compete in various events at state, regional and national conferences.

Executive Members of S.N.A. during 2023



SNA EXECUTIVES

SL.NO	NAME	POST
1.	Prof.Dr.Rohini.T	S.N.A.President
2.	Dr.SimiMohan.J.S	S.N.A.Advisor
2.	Mrs. Linju.T.K	Assistant S.N.A Advisor
3.	Ms.SiyaSairus	Vice President
4.	Ms.Vinnie Maria	Secretary
5.	Ms. Elicita Annie Vincent	Joint Secretary
6.	Ms.NivedyaPavithran	Treasurer
7.	Ms. Harsha.M.V	Joint Treasurer
7	Mr. Athul Raj	Program Coordinator
8	Ms.Alna Abraham	Class representative – IV Year B.Sc.(N)
9	Ms.Krishnendhu.E	Class representative – III Year B.Sc.(N)
10	Ms.AnnTreesa Thomas	Class representative – III Semester B.Sc.(N)
11	Ms.Vandana	Class representative – II Semester B.Sc.(N)

ACTIVITIES

- **EXITO 2023:** On 6th May 2023, a farewell programme of the first Batch B.Sc. Nursing Students [2018 batch], EXITO – 23' was organized by 2019 batch in INSeR campus. Our Chief Guest, Dr. Satheeshan B, Director MCC, presented the presidential address followed by the key note address by Dr. Rohini T, Principal, INSeR MCC, followed by felicitation of dignitaries. Representatives from outgoing batch and Batch of 2019 batch have shared their college life experiences with the gathering and a short video of our seniors and their former teachers have been played. A token of love has been given to seniors.



- **NURSES DAY CELEBRATION :**International Nurses Day, annual observance was held on May 12, 2023 in INSeR Campus commemorating the birth of the foundational philosopher of modern nursing – Florence Nightingale on the theme '**OUR NURSES, OUR FUTURE**' To boost up the image of nursing. Collage Making Competition was conducted based on the theme "**A Nurse can make the difference"**. Ms. Ahina Benny &Ms.AnumariaManoj [III year B.Sc. (Nursing)] has won the first prize. Extempore speech in English and Malayalam was also done on the theme **"Workplace Safety".**Ms.Sneha Sunny and Ms. Tintu.P.L of IV year B.Sc. Nursing bagged the prizes in English and Malayalam respectively.
- On 12th May 2023, a formal session was organized by the Nursing Service Department in the Conference Hall, Malabar Cancer Centre, Thalassery. Students of INSeR and Staff Nurses of MCC, Thalassery has attended the session. Dr.Satheesan.B (Director, MCC) delivered the presidential address. Dr. Rohini.T (Principal, INSeR) unveiled the theme for the day. Winners of the competitions were declared. The nurses lightened the lamp and renewed their pledge to uphold the dignity of the profession.



- **THANKSGIVING - 2023:**Thanks giving ceremony of 2018 batch was conducted on 08/05/2023. Prof.Hinahyder followed by faculties shared there experience with the students and wished a good future for them. Dr.Rohini T, Principal delivered an inspiring speech. The outgoing batch delivered the thanks giving speech and expressed their gratitude towards all who contributed in their course through a video display



- **ESPOIR - 23:**The investiture ceremony of the Student Nurses Association and College Union 2023 was conducted on 02.07.2023. Dr. Satheeshan.B (Director, MCC) inaugurated the function and shared the presidential address, followed by Dr. Rohini.T (Principal, INSeR) delivered the Keynote Address. This was followed by the Oath taking ceremony of the new executives.



- **PHOENIX - 2023:**The unit level arts and sports fest - Pheonix 2024 was inaugurated on 21.07.2023. The offstage and onstage events for Arts Fest - 23' was

held on 19.07.23 and 20.07.2023 respectively. For Arts the individual champion for Boys is **Mr. Suhail (Batch of 2021)** and for Girls it is **Ms. Navya. V (Batch of 2019)**. The overall championship was secured by **Batch of 2019.**



- Sports Meet - 23'as Inter house competition on 29.07.2023. For Sports The Individual champion were secured by **Mr. Eldho for boys (Batch of 2022)** and **Ms. Nayana for girls(Batch of 2019)** respectively. The overall championship was won by **Rhinos house.**



➢ INDEPENDENCE DAY - 2023:

On 15.08.2023, in view of independence day, the flag hoisting was done by Dr. Rohini. T (Principal, INSeR) at 8am in INSeR, MCC. The presence of Dr.Satheeshan.B (Director, MCC) graced the occasion. It was followed by patriotic song and a choreography by student body. A debate competition was also organized by the unit and Ms. Athulya Joy (III year B.Sc.N) has been awarded as the **'Best Debator'**





➢ SHADA PADA - 24 :

A combined onam Celebration - **'ShadaPade 24'** organized by the S.N.A Unit along with the B.Sc.MRT students was conducted on 19th August, 2023 in INSeR campus. To add the festivity of the program, 'Athapookalam', 'PurushaKesari", 'Malayali Manga', 'Uriyadi' and other competitions were there. The tasty 'Onamsadya" has added flavor for the day.



- **SPIKE - 2023:** The Annual Zonal Sports meet of the Student Nurses Association, Kerala State North Branch Zone **'SPIKE - 23'** was held on 21/08/2023 to 22/08/2023 subsequently. Football championship was held in SS Sports Arena Football Turf, Pilathara on 21.08.2023. The nursing students actively participated in March Past, track events, field events and in indoor games. **Mr. Abhiram. K.P** has secured **III prize in badminton for boys** and **Ms. Nayana. P.K** has secured **II prize in Javelin Throw for girls**.



- **MIKAV 2023:**

The S.N.A Zonal arts Fest, 'Mikav - 23' was conducted in various nursing colleges in the moth of September. Our students have actively participated in Literary, educational and Onstage events and has bagged several prizes.



➢ DHANAK - 2023

The state SNA educational competitions was held on Renewal Centre, Ernakulam on 19.10.2023. Students selected from zonal competition participated and Mr. Athul Raj, Ms. Vinnie Maira, Ms. MalavikaNellikka has secured the first prize in Quiz competition. It was a proud moment for the INSeR community.



➢ International Girl Child Day - 2023

As part of the International Girl Child day - 2023 observance a short film competition was held on the theme "**Invest in Girl's Right : Our Leadership, Our Well being"**. Instructions were given and a time period of two months was given for preparation

➢ Christmas Celebrations - 2023

The Christmas event has its grant finale in INSeR on 22.12.2023 where students from each batch presented their carols along with Santa Claus and choreo in full fledge. Prof. Dr. Rohini.T (Principal, INSeR) has graced the occasion with a Christmas message. This was followed by cake cutting and New year friend selection in each class.



➢ Republic Day - 2024

The 75th republic day has its inception at 8.30am in INSeR campus. Dr. Satheesan.B(Director, MCC) has graced the occasion with his presence. Prof. Dr.Rohini.T (Principal, INSeR) has done the flag hoisting. It was followed by a republic day message by Ms. Athira.T (IV year B.Sc N)



➢ National Girl Child Day - 2024

In continuation with the International Girl Child Day -23', evaluation of the short film competition was done by experts. The short videos were displayed in the Assembly area to the student body. Fourth semester B.Sc (N) students have bagged the first prize.





➢ 'Lumiere-24'

The College day 'Lumiere-24" was organized by Student Nurses Association (SNA) and B.Sc.MRT on 17.04.2024. The program was inaugurated collectively by Dr.Geetha (HOD, Radiation Oncology), Dr.Sangeetha (Principal, B.Sc.MRT), Dr.Rohini (Principal, INSeR). Various cultural programs were conducted by the students. The programs were mind blowing and energetic with full swing from 10am to 8pm. The most awaited 'DJ party' was mesmerizing and rocking. The delicious feast added spice to the blast.



- **International Women's Day -2024**

A debate competition was organized on 06.03.2024 @ 3pm in connection with the International Women's Day - 2024, on the topic "Is reservation necessary for Women Empowerment". There were 8 teams with three rounds and each team was given an option to speak in favor of the topic and against the topic. The best debate team was awarded to Ms. Athulya& Ms. Anagha [IV Year B.Sc(N)]. and the best debator was Ms. Jismiya Mathew (IV Year B.Sc(N)]



- **'Au Revoir' 2024:**On 22nd March 2024, a farewell programme for the second Batch B.Sc. Nursing Students [2019 batch], 'Au-Revoir – 24' was organized by 2020 batch in INSeR campus. Dr. Rohini T, Principal, INSeR MCC, delivered the key note address and it was followed by felicitation. Representatives from Batch of 2020 have shared their ce life experiences with the gathering and a short video of our seniors and their former teachers have been played. A token of love has been given to seniors.



WINNERS OF COMPETITIONS [SNA 2023 – 2024]

- **STATE WINNERS LIST**

SL.NO	NAME	EVENT	POSITION
1	MR.ATHUL RAJ MS.VINNIE MARIA MS.MALAVIKA NELLIKKA	QUIZ	FIRST

- **ZONAL ARTS AND SPORTS WINNERS LIST**

SL. NO	NAME OF THE WINNERS	EVENT	POSITION
1	MS.ANGELINA MARIA	ESSAY WRITING (MAL)	FIRST
2	MR.ATHUL RAJ MS.VINNIE MARIA MS.MALAVIKA NELLIKKA	QUIZ	FIRST
3	MS. SARIGA.P.V	ON THE SPOT PAINTING	SECOND
4	MS. ANJANA SIVADAS	PENCIL SKETCH	THIRD
5	MS.SWETHA.V.K	STORY WRITING (MAL)	THIRD
6	MS. NAYANA.P.S	BHARATHANATYAM	THIRD
7	MS. ABIYA SAJ MATHEW MS. ANJANA SIVADAS MS. BESTEENA VARGHEESE MS. DARSANA.S MS. DILSHA FATHIMA.K MS. NAVYA VINODHAN MS. SURABHI.V.S	MIME SHOW	THIRD
8	REPROPDUCTIVE HEALTH MS. ANJANA SIVADAS, MS. NAVYA VINODHAN MS. SARIGA P.V	POSTER MAKING COMPETITION	THIRD
9	SCREENING CONTROL PREVENTION OF NON COMMUNICABLE DISEASES: MS. ABIYA SAJ MATHEW MS. ALNA ABRAHAM MS. DARSANA S		THIRD
10	BIOMEDICAL WASTE MANAGEMENT: MR. ASWIN THOMAS MS. AKHILA K		THIRD

	MS. ALBIN.C. BIJU		
11	**POST COVID ERA - STRESS AMONG NURSING STUDENTS:** **MS. MEGHA RAVEENDRAN** **MS. ANAMIKA MANOJ** **MS. SREEPRIYA VINOD**		**THIRD**
12	**MS. NAYANA.P.K**	**JAVELIN THROW**	**SECOND**
13	**MR.ABHIRAM.K.P**	**SHUTTLE BADMINTON**	**THIRD**

UNIT LEVEL COMPETITIONS			
SL. NO	**NAME OF THE WINNERS**	**EVENT**	**POSITION**
INDEPENDENCE DAY CELEBRATION			
1	**Ms. ATHULYA JOY**	**DEBATE**	**BEST DEBATOR**
WORLD NO TOBACCO DAY			
1	**Ms. SHYM KRISHNA**	**SLOGAN WRITING**	**FIRST**
2	**Ms. ANN TREEZA THOMAS**		**SECOND**
NURSES WEEK CELE BRATION			
1	**Ms. SNEHA SUNNY**		**FIRST**
2	**Ms. JOSEMI JOSE**	**EXTEMPORE SPEECH [ENG]**	**SECOND**
3	**Ms. ANUMARIYA MANOJ**		**THIRD**
1	**Ms. TINTU.P.T**	**EXTEMPORE SPEECH [MAL]**	**FIRST**
2	**Ms. POOJA**		**SECOND**
3	**Ms. ANAGHA V**		**THIRD**
1 **2**	**Ms. ANUMARIYA MANOJ** **Ms. AHINA BENNY**	**COLLAGE MAKING COMPETITION**	**FIRST**
3 **4** **5** **6**	**Ms. SARIGA.P.V** **Ms.VISMAYA.L** **Ms. RIFA** **Ms. ABINA**		**SECOND**
7 **8**	**Ms. ABIYA SAJ MATHEW** **Ms. ALNA ABRAHAM**		**THIRD**

The Student Nurses Association continues to embark the journey by providing various opportunities for the budding nurses to grow personally and professionally.

NURSES AND STUDENT HOSTEL

The Nurses and Student Hostel was established in 2022 and is located within the campus of the Institute of Nursing Sciences and Research, Malabar Cancer Centre, Thalassery. The hostel facility is available exclusively for female doctors, nursing faculty, nursing officers, students, and other health professionals. The girls' hostel ensures privacy and a homely environment. The hostel premises are divided into four floors. Nursing faculty and B.Sc. nursing students, including those in the second semester, third semester, third year, and fourth year, reside on the ground floor and first floor, while others are accommodated on the 2nd and 3rd floors. There is a recreational area on the first floor for residents to enjoy

The single and double-seated rooms in the hostel are spacious, airy, and offer a congenial academic environment for the students. The hostel has a common room equipped with a television and newspapers. It is compact with only a single gate, which is fully secured with CCTV surveillance. No one can enter the premises without proper authorization, which is further verified. Nutritious and healthy food is served in a hygienic mess, and there is a hostel canteen available for the students. Each room is occupied by 3 to 4 students and is furnished with 3 beds, 1 fan, 1 table, and 1 chair.

Mess Timings:

a. Breakfast from 7:00 am to 8:00 am
b. Lunch from 1:00 pm to 2:00 pm
c. Tea Break from 4:00 pm to 5:00 pm
d. Dinner from 7:00 pm to 8:00 pm


NURSES & STUDENTS HOSTEL





ANNEXURES



2019-2023 BATCH



BATCH 2020-2024



BATCH 2021-25



BATCH 2022-26



BATCH 2023-27



ALUMNI COMMITTEE EXECUTIVES



MAGAZINE COMMITTEE



DEPARTMENTAL HOD'S

FUTURE VISION & CONCLUSION

We believe that we performed better in 2023–24 in terms of the extracurricular and academic activities offered. We will continue our unceasing efforts to offer the best provision of education for our community. As I recount our achievements and success with pride and happiness, I would like to dedicate whatever we could achieve, to our beloved students, committed team of teachers, other staff and valued parents of INSeR, MCC. I thank our management team for their unwavering support and encouragement. We especially endorse and appreciate our Director for taking the initiative to advocate for the addition of more infrastructure amenities to the premises. We seek the blessing from the God Almighty to assist and steer us in the proper direction going forward.