INSeR NEWSLETTER

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Institute of Nursing Sciences and Research
Malabar Cancer Centre (Post Graduate
Institute of Oncology Sciences & Research) (MCC [PGIOSR])
Thalassery, Kannur

Message from the Principal



It gives me immense pride and joy to present the third issue of the INSeR Newsletter for the academic year 2026. As we reflect on the vibrant quarter from July through September, we are reminded of the remarkable momentum that defines the Institute of Nursing Sciences and Research. Across academic excellence, clinical innovation, creative expression, and community service, our fraternity continues to embody the true spirit of compassionate and evidence-based nursing care.

This quarter stood as a milestone in establishing our institutional footprint in scholarship and holistic development. The inauguration of our dedicated Research Cell on Research Day 2026, under the banner "Connecting Minds... Fostering Research," underscores our commitment to advancing scientific inquiry and evidence-based clinical practice. Concurrently, the successful launch of NEXUS 2026, our national-level scientific paper and poster presentation conference, brought together bright minds from across the nation to share knowledge and foster interprofessional collaboration.

Beyond the boundaries of our classrooms and clinical units, our faculty and students have actively engaged with the community. Through impactful outreach initiatives—including the World Suicide Prevention Day walkathon and street plays in collaboration with municipal leadership, World Heart Day walkathons and health pledges, and Breastfeeding Awareness Week sessions at public health centers—our students have demonstrated that nursing is a transformative, human-centered vocation that extends far beyond hospital walls.

Our campus culture has equally blossomed with enthusiasm, leadership, and artistic excellence. From the democratic success of our College Students' Union Election to the release of our institutional college magazine Ullurai, our students have repeatedly shown their ability to lead with vision and maturity. At the SNA North Zone competitions, our students' extraordinary talent culminated in securing the Overall Third Prize at Agni 2026, with Ms. Nandana Rajeev being crowned Kalathilakam—a moment of deep pride for the entire INSeR family!

Furthermore, our vibrant Aaravam 2026 Onam celebrations and thoughtful gestures like Rose Day for our oncology patients reminded us of the warmth, empathy, and oneness that bind us together.

To our dear students: always remember that nursing is both a precise science and a noble art. As you balance academic rigor with clinical mastery, let integrity, empathy, and resilience be your guiding lights. To our esteemed faculty and staff, I extend my deepest gratitude for your tireless dedication, mentorship, and vision in guiding our students toward excellence.

As we move forward into the next quarter, let us continue to nurture curiosity, uphold the highest standards of patient safety, and work collectively to elevate healthcare through education and research.

Wishing you all continued inspiration, academic growth, and fulfillment in every endeavor!

Regards
Prof. Dr. Rohini T

Inside

Message from the Principal 2
Nectar (Institutional Highlights) 3, 4
Offshoots (Departmental Activities)
Community Health Nursing **5**
Mental Health Nursing **6**
Obstetrics and Gynecological Nursing **7**
Flower Buds (Students Activities) 8, 9, 10,11
Seeds (SSGP/IQAC/IC Activities) 12, 13
Afresh (Staff Development Activities) 14
Blossom(Confereneces/ Workshops/ Webinars) 15
Bouquet 16

Magazine Release

College Magazine "ULURAI" was released on 21st July at INSeR. Dr. Rohini T (Principal, INSeR) unveiled the Magazine. Ms. Rifa (Student Editor) remembered the journey from the beginning to the release of the magazine, while Dr. Binuja (Staff Editor) expressed the effort and time invested. Prof. Jose John (Vice Principal) and Dr. Harish Babu (Librarian) delivered felicitations.



Research Day 2026

INSeR observed Research Day 2026 with the inauguration of its Research Cell on 10 August 2026 at 11:00 a.m. in the Conference Hall, MCC (PGIOSR). Guided by the theme "Connecting Minds... Fostering Research", the programme commenced with a welcome address by Dr Simi Mohan (Associate Professor, INSeR) followed by the formal inauguration of the Research Cell by Prof Dr Rohini T. (Principal, INSeR). A capacity building session on "Enhancing Research Skills through Mixed Methods Research" was delivered by Dr Namitha Subrahmanyam, Principal, M.O.S.C. College of Nursing, Kolenchery, which was succeeded by an interactive discussion. The event concluded with a vote of thanks proposed by Prof Jose John (Vice Principal, INSeR).



Career Guidance Programme



INSeR, under the Finishing School Initiative in collaboration with NORKA ROOTS, organised a Career Guidance Programme on 29 July 2026 for sixth and eighth semester students. The event was inaugurated by Dr. Satheesan B (Director, MCC–PGIOSR) with a welcome address by Dr Binuja P (Associate Professor, INSeR) and a felicitation by Prof. Dr. Rohini T, (Principal, INSeR). Technical sessions were led by Mr Pratheesh M. P., Regional Centre Representative, NORKA ROOTS, Kozhikode, on foreign recruitment and safe migration, and Mr Hashim, PDOP Trainer, NORKA ROOTS, on professional licensing examinations and overseas employment guidance. The programme concluded with a vote of thanks by Mrs Linju T. K. (Assistant Professor, INSeR).

Healthy Habits and Safe Workplace



A health education programme on "Healthy Habits and Safe Workplace" was conducted for construction workers of Malabar Cancer Centre (PGIOSR), Thalassery, at the INSeR Campus on 10 September 2026 from 2:00 to 3:00 p.m. The session was led by eighth semester B.Sc. Nursing students Samuel K. Peter, Razih Abdul Razak, and Shadin P. M, with translation support in Hindi provided by Mr Joslin, the workers' supervisor. Forty workers participated actively, responding positively to the discussions on hygiene, workplace safety, and avoidance of harmful substances. The programme concluded with an interaction by Principal Prof Dr Rohini T., who assessed the workers' understanding and reinforced the importance of adopting healthier habits and safe practices.

School Health Immunization Program

A School Health Immunization Program was conducted on 10/09/2026 at 10:00 AM at Mubarak Higher Secondary School, Thalassery, in collaboration with UPHC Kolassery.



World Rabies Day

The Institute of Nursing Sciences and Research Centre (INSeR) and Malabar Cancer Centre (PGIOSR), in collaboration with Panniyannur Primary Health Centre, observed World Rabies Day on 28 September 2026. Students presented a short skit highlighting the dangers of dog bites and the importance of vaccination. The programme was presided over by Dr Aswathi, Medical Officer, Panniyannur PHC, together with Mrs Sathiyadevi, Assistant Professor, INSeR.



World Heart Day 2026

The Department of Community Health Nursing, INSeR, in collaboration with UPHC Kolassery, observed World Heart Day 2026 on 29 September in line with the theme "Don't Miss a Beat." The programme aimed to raise public awareness of cardiovascular health, disease prevention, and healthy lifestyle practices. It commenced with a walkathon, followed by a health talk on cardiac care and lifestyle modifications. The official pledge was administered, and participants created a symbolic "Heart in Tree" with red thumb impressions to affirm their collective commitment to heart health.



Mental Health First Aid

The Department of Mental Health Nursing organized an Awareness Session on Mental Health First Aid on 27 July 2026 at the College of Applied Sciences, Pinarayi. The programme commenced at 1.30 p.m. with an introductory address by Dr Binuja P (Associate Professor), followed by an awareness and interactive session.



World Suicide Prevention Day Observation

The World Suicide Prevention Day outreach programme was jointly organized by CIMHANS, Kuthuparamba Municipality, Police Station and INSeR on 10 September 2026 under the theme "Changing the Narrative on Suicide." The programme commenced at 7:30 a.m. with a walkathon from Thokkilangadi Junction to Kuthuparamba Bus Stand. A street play and flash mob were presented by the students of INSeR. A public awareness programme was subsequently conducted at Kuthuparamba Bus Stand. The programme was inaugurated by Shri Shijith V, Chairperson, Kuthuparamba Municipality. Dr. Sr. Vineetha Tom, Psychiatrist, CIMHANS, delivered the keynote awareness message on suicide prevention. Shri Biju, Sub-Inspector, Kuthuparamba Police Station; Shri Dhananjayan, Municipal Councillor; and Smt. Hashitha, Chairperson, Health Standing Committee, offered felicitations. Sr. Alphonse Tom, Administrator, CIMHANS, delivered the welcome address, and Shri Sebastian M. Jose, Psychiatric Social Worker, proposed the vote of thanks.



Breast Feeding Awareness Week

As part of the Breastfeeding Awareness Week, the department organized a series of awareness programmes for postnatal mothers at General Hospital, Thalassery, on 04, 05, and 06 August 2026. A Diet Exhibition for Lactating Mothers titled "Eat Healthy, Feed Healthy" on 04 August.

On 5 August 2026, the Department, in collaboration with the Kannur Cancer Control Consortium (KCCC), distributed newborn care kits containing essential items for infants, along with an informative booklet on breastfeeding, to postnatal mothers. The distribution was followed by a breastfeeding health education session conducted by the eighth-semester B.Sc. Nursing students. On 6 August, a breastfeeding awareness role-play was organised at General Hospital, Thalassery.







World Population Day Awareness Session

The NSS Unit of the INSeR organized an awareness session on Family Planning at Government Hospital, Thalassery, on 14 July 2026 at 10:30 AM.



Nasha Mukt Yuva for Viksit Bharat - Online Pledge Campaign

The NSS Unit of INSeR, organized and facilitated the "Nasha Mukt Yuva for Viksit Bharat" online pledge campaign on 02 August 2026 to promote awareness about the harmful effects of substance abuse and encourage students to support the national vision of a drug-free India.

National Nutrition Day Awareness Programme

The NSS Unit of INSeR organized the National Nutrition Day Awareness Programme at Kodiyeri Primary Health Centre on 7 September 2026. Following introductory speech and message by Medical Officer, Dr. Dhanya, students conducted an awareness class for the public using audio-visual aids.





UNION ELECTION 2026–2027

The College Students' Union Election for the academic year 2026–2027 was conducted successfully in a free, fair, and transparent manner, strictly adhering to the guidelines of the Kerala University of Health Sciences (KUHS) on 4th July 2026. Careful planning, effective coordination, and collective efforts ensured the smooth conduct of all election-related activities. Mrs. Maneeja S S (Lecturer, INSeR) served as the Returning Officer. A total of 168 students were included in the electoral roll, of which 165 students cast their votes, recording an impressive voter turnout of 98.2%. The counting process was carried out with complete transparency, fairness, and accuracy. After careful verification and cross-checking of the results, the election outcome was officially declared by Prof. Dr. Rohini T (Principal, INSeR).

Ms. Ajana R, Ms. Ashmiya C. Jeby, Ms. Hridya Sekhar, and Mr. Shadin P. M. were selected as class representatives of II Semester, IV Semester, VI Semester, and VII Semester respectively.

OFFICE BEARERS	NAME	CLASS
CHAIRPERSON	ALBIN A	IV TH SEMESTER
UNIVERSITY UNION COUNCILLOR (UUC)	PAVITRA SURENDRAN	IV TH SEMESTER
VICE CHAIRPERSON-GENERAL	ASWIN VENUGOPAL	VI TH SEMESTER
VICE CHAIRPERSON-FEMALE	ALIYA JUBIN PP	VI TH SEMESTER
GENERAL SECRETARY	ANN MATHEW	VI TH SEMESTER
JOINT SECRETARY	SNEHA SANGEETH	VI TH SEMESTER
SECRETARY – FINE ARTS	DEVANJANA V	IV TH SEMESTER
SECRETARY –SPORTS AND GAMES	ASWIN T	VI TH SEMESTER
STUDENT EDITOR	SHRADHA SUNDAR	VI TH SEMESTER



SNA North Zone Educational Competition 2026- Dyuthi

SNA North Zone Educational Competition 2026 held at SIMET College of Nursing, Uduma on 09/07/26 as a single day event across five stages.The event featured a variety of educational competitions, including Quiz, Health Play, Scientific Paper Presentation, and Poster Making on various nursing subjects. Team INSeR secured Third Prize in Health Play as well as in Quiz.



Kalaarva 2K26

SNA North Zone off-stage competition "Kalaarva 2K26" took place at the College of Nursing, Kannur Medical College, Anjarakandy on 13 July 2026. Ms.Nandana Rajeev got first prize in Elocution English and extempore speech English, and Ms.Devanjana got second prize in Recitation Malayalam.

Agni 2026

SNA North Zone Arts Competition -Agni 2026 conducted at A.K.G. Memorial Co-operative College of Nursing, Mavilayi, Kannur on 17th and 18th July 2026. INSeR secured Third Prize in Solo Song, Second Prize in Mono Act, and Third Prize in Skit. Ms.Nandana Rajeev of INSeR was awarded as 'Kalathilakam' of SNA North zone Arts fest 2026. INSeR secured the Overall Third Prize among the participating colleges.





"ONAM CELEBRATION "AARAVAM 2026"

The Onam celebration of INSeR, conducted on 19 August 2026. The programme was named "Aaravam 2026", celebrating the rich cultural heritage, unity, and joy associated with the festival of Onam. The celebration began with the Onapookkalam competition. The formal inauguration of the programme commenced with the welcome speech delivered by Irin (8th semester). Dr. Rohini T. (Principal, INSeR), Mrs. Sindhu Rajesh, (Nursing Superintendent, MCC), Mrs.Shyni (Head Nurse, MCC) and Prof. Jose John (Vice Principal, INSeR) delivered Onasandesam. Following the formal session, a variety of cultural programmes were presented by the students.

The prize distribution ceremony for Arts Day 2026 was also conducted as part of the celebration. The afternoon session was filled with fun and excitement through a variety of traditional and entertaining games. Games such as Vadamvali, Kasera Kali, Kuppiyil Vellam Nirakkal, Uriyadi, and Appam Kadi were conducted.

The programme concluded at 4:30 PM with the vote of thanks delivered by Nihara Manoj (8th semester) who expressed gratitude to all for making the celebration a grand success.







Rose Day

As part of Rose Day, the SNA Unit of the Institute of Nursing Sciences and Research (INSeR) organized a small appreciation programme for the cancer patients at Malabar Cancer Centre (MCC), Thalassery. As a gesture of love, care, and support, appreciation cards and sweets were distributed to the patients.





Parent Education Session on Anti-Drug Awareness

The SSGP of INSeR organised a Parent Education Session on Anti-Drug Awareness on 25 July 2026. The programme featured an awareness talk by Mr Sameer K. K., Excise Preventive Officer, Vimukthi Mission, Kannur, who highlighted the harmful effects of drug abuse, early warning signs, preventive strategies, and the crucial role of parents in fostering healthy behaviours among adolescents.



Zero Ragging Tree Initiative

The SSGP INSeR organised a Zero Ragging Tree Initiative on 30 July 2026 to foster a safe, inclusive, and ragging-free campus environment. The initiative was inaugurated by Prof. Dr Rohini T., (Principal, INSeR) who placed the first quote on the tree and encouraged students to uphold the values of mutual respect, unity, and zero tolerance towards ragging. The event reinforced the institution's commitment to creating a positive and supportive learning culture.



Anti-Drug Abuse Awareness Activity

The SSGP, in association with the 6th Semester B.Sc. Nursing students, conducted an awareness programme at the De-addiction Centre, CIMHANS, Kuthuparamba, on 22 August 2026. The programme featured a role play and group discussion highlighting the consequences of substance abuse and the importance of prevention, early intervention, treatment, and rehabilitation.

Anti-Ragging Awareness Activity

On 23 August 2026 at 3:45 PM, an Anti-Ragging Pledge Taking Ceremony following anti-ragging awareness posters were displayed on the classroom notice boards of the 2nd and 4th semester students.



"SMART@Work": Faculty Empowerment Programme

The IQAC organised SMART@Work: Stress Management and Resilience Training on 12 August 2026. The session, led by Ms Jincy V. Asok, ICF Life Coach and Soft Skills Trainer, focused on stress management, resilience, self-care, and work-life balance, providing faculty members with practical strategies to enhance their well-being and professional effectiveness.





Exam Readiness and Stress Management Programme

The IQAC and SSGP organised an Exam Readiness and Stress Management Programme for 2nd, 4th and 6th Semester students. The session led by Ms Jincy V. Asok, ICF Life Coach and Soft Skills Trainer. She equipped students with practical techniques for effective examination preparation, stress management, and emotional well-being, enabling them to approach examinations with greater confidence and resilience.



Anti-Drug Abuse Awareness Activities

As part of the Anti-Drug Abuse Awareness activities, the IQAC, NSS and SSGP jointly organised an Anti-Drug Abuse Pledge, Badge-Making Competition and Badge Distribution on 26 September 2026. Fathimath Nishana, a second-semester student, secured the first prize in the badge-making competition.



DEBATE COMPETITION

The Internal Committee (IC), conducted a debate competition on the topic "Gender Neutrality: Empowering Society or Creating New Problems?" on 30thJuly 2026.

The participants from different batches presented well-reasoned arguments with confidence, creativity, and clarity, reflecting diverse perspectives on the topic. Ms. Akhila P, 8th semester served as the moderator of the debate, Dr. Harish Babu, Librarian, supervised the event and provided valuable guidance.



Journal Presentation and CNE

11/07/2026	**CNE**	**Buzzy Bee**	**Ms. Rinjuna K.P. (Lecturer)**
31/08/2026	**CNE**	**Wound Assessment**	**Ms. Daliya (Assistant Lecturer)**

Patient Safety and Quality Care

A Continuing Nursing Education (CNE) programme on "Patient Safety and Quality Care" was organised by the 6th Semester B.Sc. Nursing students in association with the IQAC on 3 September 2026. Conducted under the theme "Safe Care Today, Better Care Tomorrow," the programme focused on patient safety, quality improvement, risk prevention, effective communication, and the appropriate use of healthcare technology. Dr Pramod Sankar S served as the resource person.

The programme began with a welcome address by Ann Maria Prince. Prof. Jose John, Vice Principal, INSeR, MCC, highlighted the importance of patient safety and quality care in modern nursing practice. Prof. Abhilash R S introduced the resource person and outlined his expertise and relevance to the session theme.



NEXUS 2026 "ConnectingMinds… FosteringResearch"

NEXUS 2026, a national-level online Scientific Paper and Poster Presentation programme organised by INSeR on 17 and 18 August 2026, brought together faculty members, PhD scholars, and undergraduate and postgraduate students from institutions across India. The programme facilitated the presentation and dissemination of research, recognised outstanding contributions, and promoted academic collaboration and research excellence in nursing.



Professional Engagements of the Principal

Prof. Dr Rohini T., Principal, INSeR, served as a resource person for the workshop "Job Readiness Attributes: A Venture to Assimilate Skills, Qualities, Values, Attributes and Behaviour Needed at Different Career Levels of Nursing" held at Government Nursing College, Kannur, Pariyaram, on 1 July 2026.

She also participated in a PhD National Consortium Zoom meeting convened by the INC President on 16 July 2026.

On 7 August 2026, Prof. Dr Rohini T. served as a resource person at the State-Level Workshop on Qualitative Research in Nursing organised by Government Nursing College, Alappuzha.

Further, she was invited as a resource person for a National-Level Conference held at Jubilee College of Nursing, Thrissur, on 16 September 2026.



SNA North Zone Arts Fest 2026





Ms. Devanjana (4th semester)
Second prize Malayalam Recitation



Ms. Pooja Ratheesan (8th semester)
2nd prize in Mono Act



Mr. Haridev (second semester) 3rd prize in Solo Song Boys









Chief Editor: Dr. Rohini T,
Principal, Institute of Nursing Sciences and Research
Editorial Board : Prof. Jose John (Vice Principal, INSeR),
Dr. Harish Babu (Librarian, INSeR),
Mrs. Shincy Vinod (Asst. Lecturer, INSeR)

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