INSeR NEWSLETTER

April - June 2025 VOl. 01 Issue 02



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

Message from the Director



Success achieved once may be impressive—but it's the second attempt that truly reveals depth and dedication. While the first might flourish on spontaneity, the second demands intention, resilience, and refinement. It's in repetition that quality evolves and impact deepens.

The second issue of the INseR newsletter marks a chapter not just in publication, but in persistence. It isn't the release alone that brings me joy—it's the consistency that shines through, shaped by unseen stories and quiet struggles.

At the heart of this achievement lies hardcore dedication, genuine hard work, and a resilient team spirit. Each edition echoes the commitment of individuals who turned effort into excellence and setbacks into strength. Their journey reminds us that success is neither sudden nor solitary—it's forged through collective resilience.

The second issue showcased the events and achievements in the months of April, May, and June. This quarter witnessed a lot of programmes and achievements. Among them, the Graduation Ceremony was the most special one.

As INseR continues its journey, may each release carry more than just updates. May it reflect the spirit, effort, and evolution of a team that believes in steady progress, no matter how tough the terrain.

With Regards,
Dr.Satheesan B
Director, Malabar Cancer Centre
Post Graduate Institute of
Oncology Sciences & Research

Message from the Principal



It gives me immense joy to present to you the second edition of our institutional newsletter, a vibrant reflection of the dynamic months from April to June 2025. This quarter has been a remarkable journey filled with energy, achievement, and inspiration.

Our students and faculty have showcased exceptional enthusiasm and dedication through a multitude of events. From the spirited Sports Fest and the colourful Arts Fest to the emotionally rich Graduation Ceremony and the historic Alumni Association Inauguration, every event has added a unique flavour to our academic calendar. These celebrations have not only strengthened our institutional culture but also reminded us of the power of unity, talent, and tradition.

We take immense pride in highlighting our academic engagements—webinars conducted, conference participations, and research publications that underscore our commitment to continuous learning and scholarly growth. The enthusiastic observance of various health awareness and commemorative days has further deepened our role in sensitizing future nurses to societal responsibilities.

This newsletter stands as a testament to our collective efforts—students, faculty, staff, and alumni—each playing a pivotal role in driving excellence. As you browse through these pages, may you feel the pulse of our institution and the passion that powers our progress.

Let us continue to dream big, work hard, and break through every barrier that stands between us and greatness.I leave you with this timeless quote that continues to inspire generations:

***"Shoot for the moon. Even if you miss, you'll land among the stars*". – Norman Vincent Peale**

With warm regards,
Prof. Dr. Rohini T
Principal

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Inaugural Edition of Newsletter

On April 30, 2025, the Institute of Nursing Sciences and Research (INSeR), affiliated with the Malabar Cancer Centre – Postgraduate Institute of Oncology Sciences and Research (MCC-PGIOSR) in Thalassery, Kerala, proudly released the inaugural edition of its newsletter. The event was graced by Dr. Satheesan B, Director of MCC-PGIOSR, and the esteemed Principal, Prof. Dr. Rohini T. The editorial board for this publication comprised Prof. Jose John (Vice Principal), Dr. Harish Babu (Librarian), and Mrs. Shincy Vinod M. (Assistant Lecturer).



International Nurses Week celebrations

The International Nurses Week celebrations at MCC in association with INSeR were inaugurated with a lamp-lighting ceremony led by the Principal, Dr. Rohini T. Throughout the week, students and faculty from INSeR engaged in a variety of programmes. These activities not only showcased the talents and commitment of the nursing community but also fostered a spirit of unity and professional growth among participants.

The District Nurse's Week celebration was conducted from May 7th to May 12th at the Govt. School of Nursing, Kannur. Faculty and students from the 4th and 7th semesters participated in various programs and won prizes.









Ente Keralam Celebrations

Ente Keralam" the fourth anniversary celebrations of the Government of programme was organised with great enthusiasm. As part of the event, the Malabar Cancer Centre (MCC) participated with two stalls in the exhibition at the Police Ground, Kannur. A stall provided information about robotic surgery and another was a book stall



Graduation Ceremony 2025

The Institute of Nursing Sciences and Research (INSeR) hosted its Graduation Ceremony 2025 on 28th June to honour and celebrate the academic accomplishments of the B.Sc. Nursing Students. The event commenced at 10:15 a.m. with an invocation, followed by a welcome address delivered by Professor Jose John, Vice Principal of INSeR.

The function was formally inaugurated with the Presidential Address and presentation of the Annual Report by Professor Dr Rohini T, Principal of INSeR. The degrees were conferred by the distinguished Chief Guest, Professor Dr. A Sabu, Member Secretary of the Kerala State Council for Science, Technology and Environment (KSCSTE). He also addressed the gathering, imparting insightful reflections and offering words of encouragement.

A Sworn Declaration was administered by Prof. Dr. Rohini T, affirming the graduates' commitment to their profession.

The Guest of Honour, Prof. Seenath K P (Former Principal, Govt. College of Nursing, Manjeri), delivered an inspiring Message to Graduates, highlighting the responsibilities and opportunities in the nursing profession.

The event also featured the Distribution of Awards for Academic Excellence. Mr. Suresh P R (PTA President), Dr. R. Parthiban (Vice Principal, MCC), Ms. Malathi V V (District Nursing Officer, Kannur), and Ms. Shiny A F (Head Nurse, MCC) conveyed felicitations.

Ms. Ann Treeza Thomas (B.Sc. Nursing VIIth Semester) proposed the Toast, to which a heartfelt Reply to the Toast was delivered by Ms. Anu Mariya Manoj, representing the graduating students.

The ceremony concluded with a Vote of Thanks by Dr. Binuja P, Associate Professor, INSeR, followed by the National Anthem, marking the end of a memorable and inspiring event.





ALUMNI ASSOCIATION INAUGURATION

The Alumni Association of INSeR was formally inaugurated by Professor Dr Rohini T on 28th June 2025. The gathering was warmly welcomed by Mrs Linju T K (Lecturer, MCC). The event was falicitated by Professor Jose John (Vice Principal, INSeR).



Ms Titty Merrena Chacko was elected as the President of the Alumni Association, with Ms Anagha V as Secretary and Ms Thasbeena B A as Treasurer.The executive committee also includes Ms Elicita Anne Vincent, Ms Vyshnavi M, Ms Karthika Sajeevanand Ms Athulya Joy.

World Schizophrenia Day

On 24 May 2025, the Department of Mental Health Nursing commemorated World Schizophrenia Day by hosting a webinar aimed at raising awareness and reducing stigma surrounding schizophrenia. Dr Binuja P. delivered the welcome address, followed by a keynote speech from Principal Professor Dr Rohini T., who underscored the importance of empathy, early intervention, and interdisciplinary collaboration in care. Expert presentations included Dr Suresh Bada Math (NIMHANS), who explored the etiology, diagnosis, and management of schizophrenia, and Dr Muthuvenkatachalam S. (AIIMS Mangalagiri), who discussed advancements in nursing interventions and research. An engaging interactive session addressed challenges in medication adherence and the role of community-based support. With 73 participants in attendance, improved post-test scores and favourable feedback demonstrated the webinar's effectiveness in fostering informed and compassionate care.



World Elder Abuse Awareness Day

On 14 June 2025, the Department of Mental Health Nursing, INSeR, along with the seventh-semester students, observed World Elder Abuse Awareness Day at Sayamprabha Home, Thalassery, under the theme "Beyond the Age." The event featured interactive sessions, thematic presentations, and recreational activities aimed at fostering respect, care, and awareness regarding elder abuse. The programme commenced with a prayer song, followed by a warm welcome from former councillor Mr Divakaran. It was presided over by Ward Councillor Ms Sheeja and officially inaugurated by Ms Sahira, Chairperson of the Health Standing Committee, Thalassery Municipality. Vice Principal, Professor Jose John, addressed the audience, highlighting the theme's relevance in contemporary society. Felicitations were extended by Mr Prakashan P and student representative Ms AnnTresa Thomas, with the vote of thanks delivered by Mrs Deepa, caretaker of Sayamprabha Home.



Observational Visits

The 5th semester BSc Nursing students undertook observational visits to the District TB Centre, Kannur on 2 April 2025, and to the Milma Dairy milk processing unit, Sreekandapuram on 3 April 2025





World Health Day Celebration April 2025

To mark World Health Day 2025, the Community Health Nursing Department and the 7th semester BSc Nursing students organised an awareness programme at District Hospital, Kannur on 7 April 2025. The event commenced at 11:00 am with an inaugural address by Medical Superintendent, Dr Shaji M K, highlighting the significance of World Health Day. Felicitations were offered by Dr Suresh (Paediatrics HOD), Dr Seema (OBG HOD), Dr Griffin Surendran (Deputy Superintendent), and Mrs Tanuja A K (Nursing Superintendent), followed by a vote of thanks from RMO, Dr Sumin Mohan. The students then presented a health education session and a skit based on the theme "Healthy Beginnings, Hopeful Futures", engaging the public meaningfully. The programme concluded at 12:30 pm.









World Malaria Day

On 26th April 2025, NSS volunteers from INSeR conducted a malaria awareness drive near Kodiyeri Primary Health Centre. They visited 20 homes, identified mosquito breeding sites, and demonstrated source reduction methods.

Ambedkar Jayanti

On 12th April 2025, 5th-semester NSS volunteers organised a programme to honour Dr B.R. Ambedkar Jayanti. The event celebrated his contributions to law, social justice, and equality. Inspirational quotes were displayed across campus, raising awareness of his enduring legacy among students.

World Earth Day

On 30th April 2025, the NSS unit and 7th-semester students marked World Earth Day with a creative display of painted eggshells, promoting environmental awareness through art. Held in Lecture Hall 4 at 3:30 p.m., the event highlighted sustainability and was supported by faculty members.

World No Tobacco Day

On 2 June, the NSS Unit and the SSGP of INSeR jointly organised an awareness session titled "No Tobacco Consumption", led by Dr Phinse M Philip (Malabar Cancer Centre), in observance of World No Tobacco Day.

World Environment Day

On World Environment Day 2025, the NSS Unit of INSeR, organised a sapling plantation drive to promote sustainability. The event began at 10:30 a.m. with students and staff planting 20 saplings at the college entrance. Principal Prof Dr Rohini T inaugurated the drive, emphasising the importance of education in nurturing environmental awareness.

World Blood Donor Day Campaign

NSS and SSGP of INSeR joinlty organized the World Blood Donor day campaign at the Blood bank of MCC.

International Yoga Day

On 21st June 2025, as part of the Yoga day celebration, the NSS unit and SSGP of INSeR conducted a yoga session led by renowned Yoga trainer Mrs. Prameela K. She explained the significance of yoga in maintaining mental and physical health.















National Reading Day

On 25th June 2025, the NSS unit of INSeR, Malabar Cancer Centre, held a book review writing competition in honour of National Reading Day. The students participated, showcasing their reading habits and critical thinking. Mr Albin of 2nd Semester BSc Nursing won the First Prize.



JWALA 2025 - Arts and Sports Fest

Sports Meet

The Annual Sports Meet was held on 17 May 2025 at Thalassery Stadium. Kicking off with a grand torch relay initiated by Prof Jose John and concluded by Principal Prof Dr Rohini T., who lit the cauldron. Nivedya Pavithran delivered the welcome speech. The event showcased spirited athletic contests among four houses: Bullos, Eagles, Panthers, and Rhinos. A lively drill dance by second-semester students added flair. Medals and certificates were awarded, celebrating sportsmanship and student camaraderie.







Arts Fest

Held on 11–12 June 2025, the JWALA-25 Arts Fest turned the campus into a vibrant hub of cultural expression. The event opened with speeches by Principal Prof Dr Rohini T and faculty dignitaries, inspiring student creativity. Day one featured dances, mime, maargamkali, and recitations, while day two showcased singing, mimicry, monoacting, and more. With enthusiastic participation across all classes, the fest celebrated talent, unity, and artistic spirit.









SNA Zonal Games -13 June, 2025

Seven students from INSeR, led by Associate Professor Dr Simi Mohan, participated in the SNA Zonal Games at the Recreation Club Taliparamba. In the carrom competition, Mr Yadurag (II Semester) and Ms Kadeejath Fazna (VII Semester) each secured third place in the boys' and girls' categories respectively, earning recognition for their talent and the institution.

SNA NORTH ZONE FOOTBALL COMPETITION

On 23 June 2025, a team from INSeR participated in the SNA North Zone Football Competition at the Municipal Stadium, Kasaragod, under the guidance of Prof Naveesh P.K. The students demonstrated enthusiasm, teamwork, and sportsmanship, gaining valuable experience and engaging with teams from other institutions.



The College Union Election for the academic year 2025-26 was conducted on 31.05.2025 in accordance with the norms and guidelines of Kerala University of Health Sciences. Mrs. Anju P.P, Assistant Professor of INSR was the Returning Officer. On 30.05.2025, arrangements of election such as name list for signing of each batch, ballot paper with counter foil sealed for each post, polling area and polling boxes were done. Voting was done for all the posts of College Union [Office bearers and executive members] except for the post of Secretary -Sports (Mr. Albin C Biju) and Magazine Editor (Ms. Rifa P) who were selected unanimously. The voting started at 10 am on 31.05.2025. Around 164 students were there in the electoral roll and 157 students had cast their votes. Scrutiny and counting of votes started at 2:30pm. Invalid votes were set apart. Final counting of votes which were polled was verified once again. The results were declared on the same day at 3:30 PM by Prof. Dr.Rohini.T, Principal, INSeR. The College Union members for the year 2025-2-26 are as follows.



Office Bearers

Chairperson

Ms. Nihara Manoj VI Semester

University Union Councilor (UUC)

Ms. Avani M.V VI Semester B.Sc(N)

Vice Chairperson

Ms. Ann Mariya Prince IV Semester

General Secretary

Ms. Shivana M.M IV Semester

Joint Secretary

Ms. Sivani S VI Semester

Secretary– Fine Arts

Ms. Tesly Joshy IV Semester

Secretary–Sports

Mr. Albin C. Biju VI Semester

Magazine Editor

Ms. Rifa P VI Semester

Class Representatives Duly elected From All Semesters



Anti-Drug Abuse Activities

As part of the Kerala University of Health Sciences' anti-drug strategy, a pledge-taking ceremony was held on 28 May 2025 at 8:00 am. Faculty members, alongside 4th and 7th semester students, participated in the programme, which was led by Mr Joyes Thomas, of 7th semester.





Short Film

To support drug abuse prevention, a short film was screened for 4th and 7th semester students on 30 April 2025. The film highlighted "Yodhavu," a Kerala Police initiative targeting drug use and trafficking.





Community Awareness session on substance abuse

A community awareness session on the health hazards of substance abuse was held on 24 May 2025 at 11:00 am at Urban Primary Health Centre, Kolassery. Led by seventh-semester students (2021 batch) in collaboration with the Community Health Nursing Department, the session covered psychoactive substances, their effects, and the management of intoxication and withdrawal.

Anti-drug abuse rally

An anti-drug abuse rally was organised on 21 May 2025 by the Anti-Drug Abuse Committee, INSeR, in collaboration with the Community Health Nursing Department. Seventh semester students participated in the event, which began with a welcome address by Mr Noyal Jose. Dr Aswathi Bharath P, Medical Officer at Panniyannur Primary Health Centre, inaugurated the rally, highlighting the health risks of drug abuse. Ms Linju T K, Lecturer, briefed participants on the Lahari Vimuktha Keralam programme.

Monthly Anti-Drug abuse Pledge

As part of the monthly anti-drug abuse initiative, pledge-taking ceremonies were held on 10 May and 14 June 2025 at 8:00 am. The May session was led by Mr Noyal Jose, and the June session by Ms Shivani S.

Surprise Inspection

The Anti-Drug Abuse Squad of INSeR conducted a surprise inspection on 14 June 2025, among Second Semester B.Sc Nursing students. Squad members checked each student's bag for illegal drugs or prohibited items. No suspicious substances were found, affirming the success of ongoing anti-drug initiatives.



International Day Against Drug Abuse

As part of the 2025 observance of the International Day Against Drug Abuse and Illicit Trafficking, SSGP, in collaboration with NSS and the Mental Health Nursing Department of INSeR, organised a series of awareness activities. Mrs Sreetha P, Lecturer in the Mental Health Department, conducted a session on drug abuse prevention. This was followed by an anti-drug pledge led by Ms Albin A, a 2nd semester student. Participants also placed thumb impressions on a symbolic anti-drug tree, reaffirming their commitment to a drug-free campus.



Reconstitution of Sradha and Nerkoottam Committees

As part of the Vimukthi Mission, the Anti-Drug Abuse Committee, with support from the Student Support Guidance Programme, has reconstituted the Sradha and Nerkoottam committees with current faculty members. Originally formed on 20 July 2021, Sradha functions as the vigilance committee in hostels, while Nerkoottam operates within the campus.

POSH Act and the Protection of Women from Domestic Violence Act

On 11 May 2025, Advocate Sheela led a sensitisation session for fifth-semester students, focusing on two key legislations safeguarding women's rights in India—the POSH Act (2013) and the Protection of Women from Domestic Violence Act (2005). The session highlighted the significance of these laws in addressing gender-based violence in workplaces and domestic settings, and underscored the role of legal awareness in fostering a respectful and safe environment.



ANTI-RAGGING AWARENESS ACTIVITIES

Role play on anti-ragging

On 3rd May, 7th-semester B.Sc. Nursing students performed a role play highlighting the psychological and legal consequences of ragging.



Poster Making Competition

A Poster Making Competition on the theme "Friendship, Not Fear" was held on 30th May 2025. Entries were judged on creativity, thematic relevance, message clarity, and visual appeal.

Mentor–Mentee interactions

Mentor–Mentee interactions were held throughout May 2025, offering students a platform to share concerns, seek guidance, and report any unpleasant experiences, including ragging. Faculty mentors conducted individual and group sessions, fostering a safe and supportive space for open dialogue.

Health Play

The SSGP in collaboration with the SNA staged a powerful health play on 10 June themed "Zero Tolerance for Ragging in Campus." The play, depicting real-life ragging scenarios, highlighted the vital roles of peer support, faculty engagement, and institutional response.



Debate competition

A debate competition was held on 20 June 2025 at INSeR, focusing on the theme "Ragging is a Criminal Offence – Is the Current Punishment Adequate?" The event promoted critical thinking, communication skills, and awareness of anti-ragging legislation and policy.

CNE

Date	Topic	Presenter
5/4/25	Subcutaneous injection administration	Mrs.Aswathi .P
27/5/25	Grant Application Writing	Dr. Binuja P (Associate Professor)
30/5/25	Positioning	Prof. Naveesh P K (Professor)
25/6/25	ET Tube Intubation	Prof. Jose John (Vice Principal)

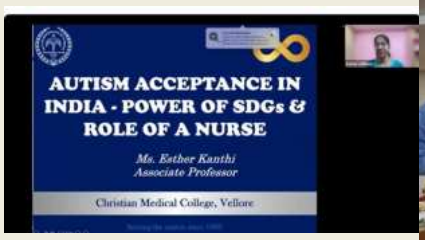


JOURNAL PRESENTATION

Date	Topic	Presenter
26/4/25	The effects of cup feeding and finger feeding techniques on weight gain in preterm infants admitted to the neonatal intensive care unit	Mrs. Ishrath Fathima (Assistant Professor)

Webinar

On April 2, 2025, the Department of Paediatric Nursing hosted a webinar titled "Beyond the Blue... Embrace Differences" to commemorate World Autism Awareness Day. The event featured three insightful sessions: Dr. Johnson Alex (School of Behavioural Sciences, Kannur University)provided a comprehensive overview of Autism Spectrum Disorder, discussing its complexities and treatment approaches. Ms. Esther Kanthi (College of Nursing, CMC Vellore) highlighted the significance of autism acceptance in India, emphasizing the role of Sustainable Development Goals and the contributions of nurses. In the final session, Mrs. Chitra Paul (Allinclusive Foundation) shared her personal journey as a special educator and parent, advocating for a shift from the medical to the social model of disability and underscoring the importance of equity over equality in supporting autistic individuals.





Dr. Rohini T, Principal of INSeR Malabar Cancer Centre, invited as Guest of Honour at the Nursing Principals' Meet 2025 held in Ernakulam on 24th June.

Mrs. Ishrath Fathima took part in the National Conference MATCON-25 on April 5, 2025, organized by the Department of Onco-anesthesiology at Malabar Cancer Centre (MCC-PGIOSR).

Dr. Binuja P participated in a two-day Grant Writing Workshop by Kerala University of Health Sciences (KUHS)

Mrs. Neenu Pradeep TK attended A seminar on 'Workplace Communication Skills and Hacks' held at the College of Nursing Thalassery on 10th May 2025.

Mrs. Rinjuna K P and Mrs. Neenu Pradeep T K attended a Capacity Building Program titled "Simulation and Skill Training Centre Orientation conducted by the Kerala University of Health Sciences (KUHS) on June 11, 2025.

Dr. Rohini T. delivered a session for an online faculty development programme titled "Empowering Nurse Educators for Holistic and Effective Educational Practices," organized by the Faculty of Nursing, Dr. MGR Educational and Research Institute. Her presentation focused on the topic of "Clinical Teaching Techniques."

At the National Conference on "Research Methodology: Qualitative Vs Quantitative," held on 30 May 2025 by Upasana College of Nursing, Kollam, Dr. Rohini T. contributed a distinguished session focused on "Qualitative Research Design."



Dr. Rohini T inspired graduates at Santhi College of Nursing, Calicut as Chief Guest on 21st June 2025.


'JWALA-25'


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Malabar Cancer Centre(PGIOSR), Thalassery


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Taliparamba, Kerala, India
29q7+7mw, Velapuram, Taliparamba, Kerala 670141, India
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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)
Front cover image : Mrs. Vinsha M (Lecturer, INSeR)

Institute of Nursing Sciences and Research
Malabar Cancer Centre, Post Graduate Institute of Oncology Sciences and Research
Moozhikkara, P.O.
Thalassery, Kannur
Kerala - 670103