# INSeR NEWSLETTER

October - December 2025

Vol. 1

Issue 4



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

# Message from the Director



As we conclude the journey of another year, we pause to reflect on the lessons, challenges, and joys that have shaped us. Much like the festive season, which reminds us of hope and compassion, the closing of the year invites gratitude for what has been and anticipation for what lies ahead. Stepping into the New Year, we are called to embrace fresh opportunities with renewed energy, carrying forward the spirit of togetherness and resilience that has sustained us.

Like a weary traveller pausing at a wayside stone, we find ourselves at the crossroad of the New Year — a place where memory and possibility meet. The road behind stretches with its trials and triumphs, inviting gratitude for the journey already carved. Yet the horizon ahead glimmers with promise, reminding us that every conclusion is but a prelude, every closing chapter the quiet overture to another.

In this turning of time, hope gathers strength anew, ambitions awaken, and the path forward opens with opportunities waiting to be embraced. Stories from everyday life teach us this truth. The life is a blend of gain and loss, joy and sorrow, success and struggle. What matters most is how we carry these experiences forward. Each ending is a seed of renewal, and each new beginning is a chance to grow wiser, kinder, and stronger.

As we step into the New Year, let us embrace it with courage and optimism. May we set our ambitions with clarity, nurture hope even in uncertainty, and remember that every voice, every effort, and every dream adds to the collective journey of progress. The past year has shaped us; the coming year invites us to shape the future.

Let me conclude with these lines of Robert Frost:

*"The woods are lovely, dark and deep,*
*But I have promises to keep,*
*And miles to go before I sleep,*
*And miles to go before I sleep."*

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

# Message from the Principal



The last quarter of the year always invites us to pause — to look back, to notice the quiet efforts that often go unseen, and to feel grateful for the people who make our learning spaces come alive. From October to December 2025, our campus was not just busy with activities; it was filled with purpose, conversation, curiosity, and care.

One of the highlights of this period was the Induction Programme for our new batch of students, where young aspirants were warmly welcomed into the noble profession of nursing. New faces, hopeful questions, nervous smiles, and eager dreams entered our corridors — each student beginning a personal journey into the profession of nursing, a profession rooted in service and humanity.

Across these months, our students and faculty stepped beyond classrooms into the wider community through meaningful observances — World Mental Health Day, International Elderly Day, Cancer Awareness Programme, World AIDS Day, Newborn Care Week, and Children's Week celebrations. Each initiative reflected our dedication to community health promotion, preventive care, and holistic well-being.

Creativity and confidence found expression through Illustrio - the AV Aid Exhibition, where ideas turned into learning tools and teamwork became visible in action. These student experiences quietly shape communication, leadership, and professional identity — qualities that grow not through textbooks alone, but through doing and reflecting.

I sincerely appreciate the commitment of our faculty and staff, whose patience, mentorship, and steady commitment continue to guide our students with care and integrity. I am equally proud of our students, who bring energy, sincerity, and a willingness to learn into every space they enter.

As we stand at the threshold of 2026, may we continue to choose kindness in our actions, excellence in our work, and humility in our learning. May we remember that every lesson taught, every hand held, and every effort made carries the power to shape lives.

"The best way to shape the future is to serve with integrity, courage, and vision today."

Warm regards,
Prof. Dr. Rohini T
Principal
Institute of Nursing Sciences and Research, Malabar Cancer Centre

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## INDUCTION PROGRAMME [NOVARO – 25']




The induction for the first semester B.Sc Nursing students (VIII batch) was held on 3 November 2025 at 10.30 am in the INSeR Campus. The programme opened with a prayer for blessings led by Ms. Devanjana and team (III semester).

Dr. Simi Mohan, Associate Professor, welcomed the gathering, followed by the official inauguration by Prof. Dr. Rohini T, Principal, through lighting the Kuthuvilaku. In her address, the Principal presented the college's milestones, curriculum, co-curricular activities, and emphasised adherence to rules.



Mrs. Sindhu Rajesh (Nursing Superintendent, MCC) delivered the keynote on compassionate care. Prof. Jose John (Vice Principal, INSeR) and Mrs. Shyni A.F (Head Nurse, MCC) inspired students with reflections on the dignity and values of the nursing profession.

Mrs. Maneeja S.S, Lecturer, INSeR, expressed gratitude to all contributors and participants. The programme concluded at 1.00 pm with the National Anthem.

## Children's Day

Children's Day was observed at INSeR on 14th November with a simple yet thoughtful gesture from the Principal. Each batch student was presented with a pen, a chocolate, and a greeting card, symbolising both encouragement in learning and the joy of childhood. The occasion created a cheerful atmosphere across the campus, fostering a spirit of togetherness and appreciation. The celebration served as a reminder of the values of care and inspiration that lie at the heart of education.



## World AIDS Day Celebration December 2025

On 1 December 2025, the Community Health Nursing Department together with the 8th semester BSc Nursing students organised a World AIDS Day observation at the Urban Primary Health Centre, Kolassery.

The programme was held under the global theme "Overcoming Disruption, Transforming the Response", focusing on combating stigma and promoting equal health rights. A student skit titled "Breaking the Silence" dramatized the journey from fear to testing and treatment. The programme was led by Dr Vidhya (Medical Officer), Mrs Mahitha (Health Inspector), and Prof. Naveesh P K (INSeR). Students also distributed Red Ribbons as a symbol of solidarity.

Pre- and post-tests conducted during the session showed clear improvement in awareness and understanding of HIV/AIDS. Public feedback collected through forms reflected appreciation for the clarity of information and the creative approach adopted. The programme concluded at 11.30 am with strong community participation.

The observation also highlighted how the fight against HIV/AIDS is central to the 2030 Agenda for Sustainable Development Goal 3. By linking awareness to SDG 3 (Good Health and Well-being), the programme reinforced the global target of ending the AIDS epidemic by 2030. Through improved knowledge, attitudes, and practices, the initiative contributed to reducing stigma, promoting access to treatment, and advancing the broader goal of health equity and sustainable development.









## CHILDREN'S WEEK CELEBRATION

The Department of Paediatric Nursing organized a one week Children's Day Week celebrations from 10.11.2025 – 15.11.2025 along with the fifth semester students.







Day 1 – Health Camp
The department with the support of IAP, Thalassery Branch organized a health camp for the differently abled children at 'Manave Special School. Dr. Jayagopal P.P., Dr. Dhanya M.H., and Dr. Malavika Sreejith has done the medical check-ups.

Day 2 – Painting & Essay Competitions
A painting competition was conducted in the paediatric ward of Malabar Cancer Centre, Thalassery on the theme "Helping Hands."
An essay writing competition was also conducted on the topic "Digital Media – Is it bane or boon"




Day 3 – Letter Writing
A letter writing competition was conducted for the mothers of Anganwadi kids at Moozhikara Anganwadi on "I Believe in You."

Day 4 – Storytelling
INSeR students shared stories on "If I Could Turn Back Time". Hridya (5th Sem.)won for English, Nivya (5th Sem.) for Malayalam.

Day 5 – Kids Fest
V Semester students organised games, puzzles, and cultural activities for children in the Paediatric Haematology Oncology Department, fostering joy and belonging.




Day 6 – Reflections
Staff of INSeR engaged in a debriefing session on childhood memories "The Child is the Father of Man", moderated by Dr. Harish. Sharing childhood memories proved heartfelt and enriching.

# Offshoots

## Obstetrics and Gynaecological Nursing

### Newborn Care Week 2025

As part of Newborn Care Week, the department organised programmes from 15–20 November 2025. On 15 November, Dr Binuja P inaugurated the observance with the theme revelation, followed by poster and quiz competitions on newborn care.

On 17 November, an educational session for postnatal motherswas conducted at GH Thalassery focused on essential newborn care and maternal health. The following day featured demonstrations on Kangaroo Mother Care, breastfeeding techniques, and swaddling, along with booklet distribution.

A poster exhibition at Kodiyeri FHC on 19 November promoted community awareness, while the final day highlighted a diet exhibition for lactating mothers and a Selfie Point at GH Thalassery, celebrating maternal–infant bonding.




# Offshoots

## Adult Health Nursing

### Cancer Awareness Programme

The Department of Adult Health Nursing, INSeR, in collaboration with the Community Oncology Department of Malabar Cancer Centre, conducted a Cancer Awareness Programme for parents on 22 October 2025 at Ashrayam Special School. The session, led by Dr Neethu and supported by sixth-semester B.Sc. Nursing students, addressed the causes, risk factors, and warning signs of breast cancer, emphasising the importance of breast self-examination (BSE).



## World Mental Health Day 2025

INSeR observed World Mental Health Day 2025 with a session on "Mental Health in Humanitarian Emergencies" led by Dr Binuja. The talk highlighted the emotional impact of disasters, conflicts, and health crises, stressing the need for mental health support. A Brain Gym exercise was also held to promote relaxation and cognitive wellness among students.




## Outreach Program

The 6th semester B.Sc. Nursing students Conducted an interactive health education session at Ashrayam Special School about "Screen Time Management on 22nd October.




## International Elderly Day

On 4 October 2025, International Elderly Day was observed with an awareness and entertainment programme at Sayamprabha Home, Kolaserry, on the theme "Older persons driving local and global action: our aspiration, our well-being and our rights." Sixth-semester students led interactive activities, games, and performances, while residents presented Thiruvathira and group songs. INSeR donated 16 Malayalam books to the home.



## Illustrio 2025: AV Aid Exhibition




Illustrio 2025, the AV Aid Exhibition, was conducted on 31 December 2025 as part of the 5th Semester Educational Technology curriculum. The programme commenced at 10:00 a.m. with a welcome address delivered by Tesly Joshy, 5th semester student.

The exhibition was formally inaugurated by Prof. Dr. Rohini T., Principal, who emphasised the importance of applying the principles and guidelines of audio-visual aids effectively in both theoretical and practical teaching contexts. The main objective of the exhibition is to strengthen the knowledge of the students in Audio visual aids.



All students were divided in to 20 groups. A wide variety of well-designed and innovative audio-visual (AV) aids like film strips, OHP, Microscope, VCD,LCD, Flannel Graph, Specimens, Cartoon, Chalkboard, Bulletin Board, Puppets, Charts, leaflets, Computer, Public Address System, Flash Card, Tape Recorder, Slides, Poster, Graphs, Handout, leaflet, Booklets and Pamphlets were prepared, displayed, and presented by the students. Each exhibit included detailed explanations of the guidelines for preparation and presentation, along with the advantages and limitations of the respective AV aids.

The felicitation address was delivered by Prof. Jose John, Vice Principal, who appreciated the students' creativity, effort, and academic commitment. Students from the 7th semester also participated in the exhibition. Through this AV Aid Exhibition, students gained in-depth knowledge and hands-on experience in the effective use of AV aids in the teaching–learning process. The programme was both informative and enriching, significantly contributing to the students' knowledge on Audio visual aids.



**Global Hand Washing Day Celebration**

On 15 October, the NSS Unit of INSeR with 6th-semester students organised a Global Handwashing Day awareness programme at Eangayil Peedika Junction, featuring a flash mob and a health talk on hand hygiene.

**Breast Cancer Awareness**

From 8–17 October 2025, the NSS Unit of INSeR conducted daily breast cancer awareness sessions at MCC, covering BSE, early detection, lifestyle, post-mastectomy care, and recovery exercises with audio-visual support.

**National Toothbrush Day**

On 1 November 2025, the NSS unit marked National Toothbrush Day at Moozhikara Anganwadi with a brushing demonstration. Volunteers highlighted proper technique, duration, and twice-daily practice, engaging children through questions, songs, and playful activities to make oral hygiene fun.

**Kerala Piravi - Malayala Varaghosham**

The NSS and SNA units celebrated Kerala Piravi with Malayala Varaghosham on 1 November 2025, featuring cultural and literary competitions.

**National Cancer Awareness Day Celebration**

National Cancer Awareness Day was observed on 7 November 2025 at Excel Public School, Mahe, in the presence of Principal Ms Sathi M Kurup. The programme educated students on cancer, warning signs, and healthy lifestyle practices through a street play, chart displays, and specimen exhibitions.

**Constitutional Day**

Constitutional Day observed, by a Pledge Taking Ceremony in all the class rooms.

**World AIDS Day**

On World AIDS Day, NSS volunteers participated in the awareness rally organised by IMA Thalassery in collaboration with MCC. Students prepared HIV/AIDS charts and posters for display in the college, and joined the red ribbon distribution and pledge ceremony. Dr Rajan N Khobragade IAS, Additional Chief Secretary, Health and Family Welfare Department addressed the gathering, highlighting awareness, community involvement, and responsible health practices. The event was further enriched by the participation of the Director, Hospital Administrator, Nursing Superintendent, Finance Officer, and doctors of MCC PGIOSR.

**Sexual Harassment Prevention Week**

During Sexual Harassment Prevention Week (10–17 December 2025), the NSS unit of the Institute of Nursing Sciences and Research, Malabar Cancer Centre, held a faculty quiz on the POSH Act on 16 December at 4:00 PM in Lecture Hall 3. Dr Harish won First Prize, and Ms Sruthi P., Assistant Professor, secured Second Prize.








## Christmas Celebration "GALA 2025"




The Christmas Celebration GALA 2025 was held on 20th December 2025 at INSeR with great enthusiasm and joy. The programme opened with a welcome address by Ms Nivedhya (8th semester), followed by the ceremonial star inauguration and Christmas message from Principal Prof. Dr Rohini T, highlighting values of love, unity, and sharing.

The Director Dr Satheesan B then delivered his message and presided over the prize distribution, awarding the First Runner-Up to the 7th semester students and the Overall Champions trophy to the 8th semester students for excellence in SNA unit-level competitions.






The Kalathilakam title was conferred on Ms Nandhana (3rd semester) and the Kalaprathibha title on Mr Zuhail (8th semester), alongside trophies for the State-Level third prize Quiz winners.

Vice Principal's message stressed student unity, and Prof. Naveesh PK offered felicitations. Ms Rifa (7th semester) delivered the vote of thanks.

Cultural programmes, including carols and dances from each semester, added festive cheer. The afternoon session featured certificate distribution for SNA zonal competitions and departmental activities, followed by a lively treasure hunt.



**Anti-Ragging Awareness Session**

The SSGP of INSeR organized an Anti-Ragging Awareness Session on 22nd October 2025, in collaboration with the District Legal Services Authority, Thalassery. Adv. Sheela V. T, the Panel Lawyer of District Legal Services Authority Thalassery led the Session.

**Anti-Drug Abuse Quiz**

A quiz competition was conducted on 23-10-25, for 2nd, 5th and 6th semester student to enhance their awareness against substance abuse.

**Young Innovative Ideas Awareness Programme**

The Young Innovative Ideas Awareness Programme was conducted on 28th October 2025. The resource person, Ms. Athira C. M, YIP Representative of Kannur District, explained how to present a problem or idea in an engaging manner and elaborated on the essential steps involved in the innovation process.

**Anti -Drug Abuse Pledge**

On 15 November 2025 and on 13 December 2025, the students solemnly pledged to abstain from all forms of harmful drug use and any related activities as part of their monthly anti-drug abuse pledge.

**Anti-Drug Abuse Affidavit Collection**

All newly admitted first-year students and their parents/guardians have submitted Anti-Drug Abuse Affidavits affirming their awareness of the consequences of engaging in drug- or substance-related activities under institutional policy and applicable law.

**Awareness Session on Drug Abuse**

SSGP organized an awareness session on drug abuse and ragging on 28 November 2025, where Mr. Sameer K. K., Excise Preventive Officer, Vimukthi Mission, Kannur, highlighted strict legal consequences, preventive strategies, and the institution's zero-tolerance policy.

**Orientation Session on Young Innovators Programme (YIP)**

Mrs. Linju T. K., S.S.G.P. Nodal Officer, attended the orientation session on the Young Innovators Programme (YIP) 8th edition, on 24 October 2025.



**Cyber Crime Awarness Session**

SSGP, in collaboration with Mahe Police Station, organised an awareness session on cybercrimes and drug abuse for first-semester students on 4 December 2025. Inspector of Police Dinesh A. V. led the session, outlining common online threats, cyber cell initiatives, and strategies for digital safety.




**Senior - Junior Mentorship Programme**

As part of Senior–Junior Mentorship Programme Ms.Sivani S, seventh-semester student conducted an anti–drug abuse awareness session for first-semester students on 20.12.2025.

**Street Play**

A street play on anti–drug Abuse was organized by the Anti-Drug Abuse Committee in collaboration with the Department of Community Health Nursing at the Kodiyeri Primary Health Centre on 23.12.2025.



**Hostel Visit**

A hostel visit was conducted on 18 December 2025 to promote a safe, supportive, and ragging-free campus environment.

**Poster Competition**

A Poster Making Competition held on 29thDecember 2025 with the theme "Say No to Ragging, Say Yes to Friendship.




**Mentor-Mentee Interaction**

Faculty mentors conducted individual and group sessions with their respective mentees, ensuring a private and supportive space for open dialogue.

## Journal Presentation and CNE

| DATE | TYPE | TOPIC | PRESENTER |
|---|---|---|---|
| 04/10/25 | CNE | Tracheostomy Care and Suctioning | Mrs. I. Ishrath Fathima, Assistant Professor |
| 4/11/25 | CNE | Tracheostomy Care | I.Ishrath Fathima |
| 29/11/25 | CNE | OSCE:Colostomy Care | Dr. Simi Mohan (Associate Professor) |
| 30/12/25 | CNE | Oxygen Administration | Dr. Simi Mohan (Associate Professor) |
| 31/12/25 | CNE | OSCE: Demonstration on Lithium Education | Prof. Jose John (Vice Principal), Dr. Binuja P (Associate Professor) |
| 17/10/25 | Journal Presentation | A Case Control Study on Qeeg as a Marker of Cognition | Prof. Jose John, Vice Principal |
| 2/12/25 | Journal Presentation | The Impact of an Open Label Design on Human Amniotic Membrane Vs Silver Diazine Dressing for Second Degree Burns : a Randomized Controlled Clinical Trial | Dr. Simi Mohan (Associate Professor) |
| 31/12/25 | Journal Presentation | Factors Associated with Default of Treatment and Follow Up among Patient with Cancer: A Cross Sectional Study from a Lower Middle Income Country | Dr. Binuja P (Associate Professor) |

### Basic Life Support (BLS) training

A comprehensive Basic Life Support (BLS) training was conducted for staff on 18 October and 1 November 2025 led by American Heart Association-trained nurses. Twenty staff members participated across two batches, receiving both theoretical input and hands-on practice in CPR, defibrillation, and choking management. Trainers Mr. Akash Surendran, Mr. Prasanth C Das, and Mr. Sijo Augustine delivered engaging sessions that strengthened knowledge and skills. Pre- and post-test assessments showed consistently strong performance, confirming the programme's effectiveness.

### Digital Health Foundation Course

Mrs Rinjuna K. P and Mrs Aswathy successfully attended the Digital Health Foundation Course – NCG KCDO, organised by the IT Department of MCC on 14 November 2025.



Prof. Navvesh P.K and Mrs. Maneeja S.S participated in the Workshop on Skills for Meaningful Conversation in Care, organised by the Department of Cancer Palliative Medicine as part of World Hospice and Palliative Care Day 2025 on 11 October 2025.




**INSPIRE-25**

13 faculty from INSeR participated in the State level Workshop organized by Nursing Department of MCC on 15th November 2025.

Prof. Dr. Rohini T served as a resource person for the VIII Semester OSCE Training Workshop held at KUHS on 11–12 November 2025. She also delivered a session on "Professional Ethics in Nursing" during INSPIRE-25, a State-level Workshop organised by the Nursing Department of MCC on 15 November 2025.



**Simulation Centres Visit**

A four-member delegates from Malabar Cancer Centre (MCC) and the Institute of Nursing Sciences and Research (INSeR)—comprising Dr. Sandeep, Associate Professor of Surgical Oncology at MCC; Prof. Dr. Rohini T, Principal of INSeR; Dr. Simi Mohan, Associate Professor at INSeR; and Mrs. Linju T. K, Lecturer at INSeR—visited two premier simulation centres in Chennai, namely the SRM STRATUS Centre for Medical Simulation and the Apollo Simulation Centre, to gain valuable insights into the establishment of a simulation lab at MCC.














Antimicrobial Resistance Week 2025 Quiz Competition winners Ms. Ms.Ann Mathew, Ms. Nivya P V and Ms. Hridya Ranjith

## Study Tour

The 8th semester students of INSeR undertook a two-day college tour to Coorg and Mysore on 3 and 4 October 2025. In Coorg, they visited Nisargadhama, the Golden Temple (Namdroling Monastery), and Haranghi Dam, enjoying the region's natural beauty and cultural richness. The second day was spent in Mysore beginning at Chamundi Hills followed by, Mysore Palace, the Car Museum, Mysore Zoo, and Vrindavan Gardens, offering a mix of heritage, wildlife, and scenic charm. The tour concluded with a lively DJ night, where students celebrated together, strengthening friendships and creating lasting memories.

## Winners of IGNITE Events



MR.ABHIRAM KP (7th Sem.)
Badminton Doubles
First Prize



Ms.Anit Jacob (5th Sem.)
Badminton Doubles
First Prize



Ms. Merlin Raju (5th Sem.)
Badminton Doubles (1st)
Badminton Singles (2nd)
Arm Wrestling(60-70kg)- 2nd



Ms.Shradha Sundar (5th Sem.)
Arm Wrestling (70-80 Kg)
First Prize



Ms. Nivedya Pavithran (8th Sem.)
Arm Wrestling (60- 70kg)
First Prize



Ms.Hridya Ranjith (5th Sem.)
Arm Wrestling (70-80 Kg.)
Second Prize



Ms.Ann Mathew (5th Sem.)
Badminton Doubles (Second Prize), Badminton Singles (Third Prize)



Mr.Aswin Thomas (7thsem.)
Badminton Boys
Second Prize



Mr.Yadurag (3rd Sem.)
Football
Second Prize







Ms. Sreeshma P.V(5th Sem.)
Malayalam Recitation
Second



**Chief Editor: Dr. Rohini T,**
**Principal, Institute of Nursing Sciences and Research**
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**Dr. Harish Babu (Librarian, INSeR),**
**Mrs. Shincy Vinod (Asst. Lecturer, INSeR)**

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