INSeR NEWSLETTER

April - June 2026 Vol. 2 Issue 2



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 brings me immense joy to present Issue 2 of the INSeR Newsletter, highlighting our vibrant journey from April through June 2026. This quarter has been a profound reflection of our institute's unwavering commitment to academic excellence, clinical precision, and community-centered care. Our celebrations during International Nurses Week reaffirmed the timeless values of compassion, dedication, and professional integrity that lie at the very core of our noble profession. Every initiative undertaken across these months reflects the heart of our fraternity, working continuously to raise the standards of healthcare and nursing education.

Our academic and clinical focus was enriched this season through targeted skill development and nationwide intellectual dialogues. From practical, hands-on workshops on Neonatal Resuscitation and Paediatric Life Support to national webinars addressing adolescent mental health in the digital age, our institution remains dedicated to empowering students with the knowledge required for modern healthcare challenges. Furthermore, through active faculty involvement in advanced Simulation-Based Education training, we continue to bridge the gap between classroom learning and critical bedside care, ensuring our students reach top-tier clinical competency.

Beyond the clinical domain, our students and faculty have carried the spirit of service directly into the heart of the society. Through the National Service Scheme and departmental activities, we extended our outreach through the Grama Spandanam special camp, health assessment drives for senior citizens, World Hypertension Day screenings, and vital public awareness campaigns surrounding menstrual hygiene and tobacco control. Our collective voice against drug abuse, highlighted through creative expressions and active campaigns, underscores our role as proactive leaders in shaping a healthier, more informed society.

I extend my heartfelt gratitude to our Director, dedicated faculty, staff, and enthusiastic students whose collective energy makes these achievements possible. I also commend the editorial board for capturing the essence of our shared vision in this newsletter. As we step forward into the coming months, let us remain inspired to learn deeply, serve selflessly, and lead with empathy, remembering that the true essence of nursing lies in the lives we uplift.

Warm regards,
Prof. Dr. Rohini T.

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INTERNATIONAL NURSES WEEK CELEBRATION 2026

INSeR, MCC, celebrated International Nurses Week 2026 with a series of meaningful and vibrant programmes dedicated to honouring the compassion, dedication, and professionalism of the nursing fraternity.

The celebration commenced with a lamp-lighting ceremony, symbolising the spirit of service, commitment, and care that nurses uphold in their profession. Dr. Satheesan B., Director, MCC (PGIOSR), inaugurated the ceremony, which the Chief Guest, Dr. Nandagopan IPS, ASP Thalassery, graced with his presence, alongside Prof. Dr. Rohini T., Principal of INSeR, faculty members, nursing students, and staff. Their participation added significance to the occasion and reflected the institution's deep appreciation for the invaluable contribution of nurses to healthcare.

The week long celebration featured a variety of cultural, educational, and recreational activities organised under the leadership of Malabar Cancer Centre (MCC), with active involvement from INSeR students and faculty members. These events highlighted the talents, teamwork, enthusiasm, and professional commitment of the nursing community. The celebration concluded successfully, leaving participants inspired and reaffirming the importance of nursing excellence, compassion, and dedicated patient care.







Workshop : Basic Neonatal Resuscitation Policy (BNRP) and Paediatric Life Support (PLS)

The Department of Paediatric Nursing organized a comprehensive one-day workshop on critical life-saving techniques: Basic Neonatal Resuscitation Policy (BNRP) and Paediatric Life Support (PLS) on May 12, 2026.

The workshop is a joint venture conducted in association with the Neonatal Resuscitation Forum and the Indian Academy of Paediatrics (IAP), Thalassery Chapter. The formal session was inaugurated by Dr. Satheesan B. (Director, MCC) followed by the presidential address by Prof. Dr. Rohini T. (Principal, INSeR). Dr. Johnny Sebastian [National EB Member and Faculty Focus, CIAP] delivered the key note address and Prof. Jose John [Vice Principal, INSeR] felicitated the gathering.

There were 4 Scientific Sessions:

Session I: Neonatal Resuscitation Program - Dr. Johnny Sebastian

Session II: Preparation for Birth, Routine Care, Initial Steps – Dr. Mridula

Session III: Brief Ventilation, Prolonged Ventilation with Normal HR/ Slow HR – Dr. Rajeevan

Session IV: Paediatric Life Support, First Aid Management in Foreign Body Aspiration – Dr. Anand.K

Following the theoretical sessions, the workshop transitioned into a practical "Skill Station" format to ensure clinical competency. Four dedicated skill stations were arranged and delegates were divided into four groups, allowing for one-to-one hands-on training under the direct supervision of a resource person.





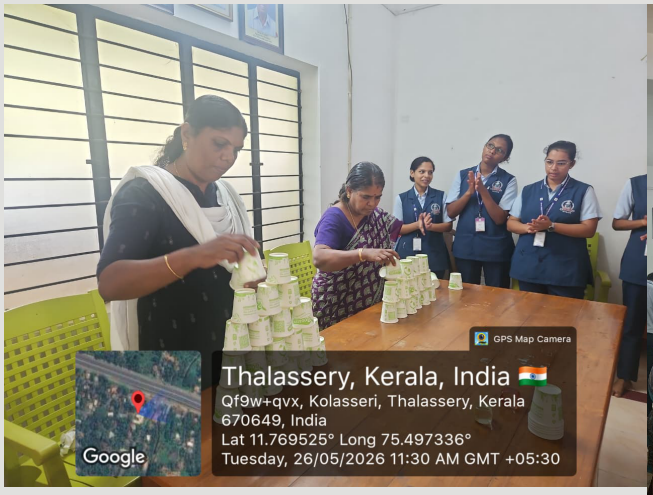






Senior Health and Fitness Day

The Department of Mental Health Nursing, in collaboration with the NSS Unit, organised Senior Health and Fitness Day at Sayamprabha Home, Kolassery, Thalassery, on 26 May 2026. The programme commenced with an interactive session involving the residents and caregivers. A comprehensive health assessment camp was subsequently conducted for the elderly residents, which included the evaluation of blood pressure (BP), body mass index (BMI), and random blood sugar (GRBS). An awareness session on healthy dietary practices for older adults was delivered by Ms Reena, Dietitian, MCC (PGIOSR). To promote emotional well being among the residents, a series of games and recreational activities were also organised.







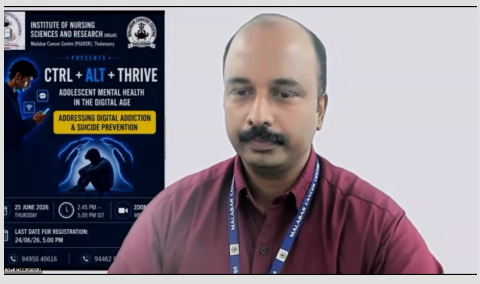
Webinar: "CTRL + ALT + THRIVE: Adolescent Mental Health in the Digital Age – Addressing Digital Addiction and Suicide Prevention

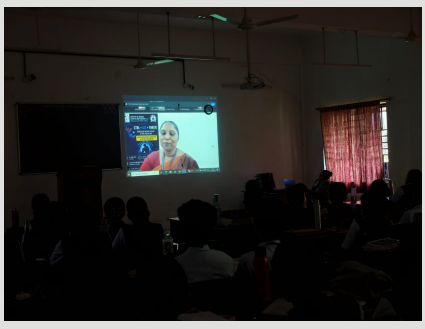
The Department organised a national webinar addressing adolescent mental health in the digital era. Prof. Jose John (Vice Principal, INSeR) delivered the welcome address. Prof. Dr. Rohini T (Principal, INSeR) delivered the keynote address.



Expert Session I

Dr. Manoj Kumar Sharma (Professor, Clinical Psychology; Co-ordinator, SHUT Clinic, NIMHANS, Bengaluru) highlighted the behavioural and psychological mechanisms of digital addiction, including smartphone overuse, internet dependence, gaming disorder, and social media addiction.



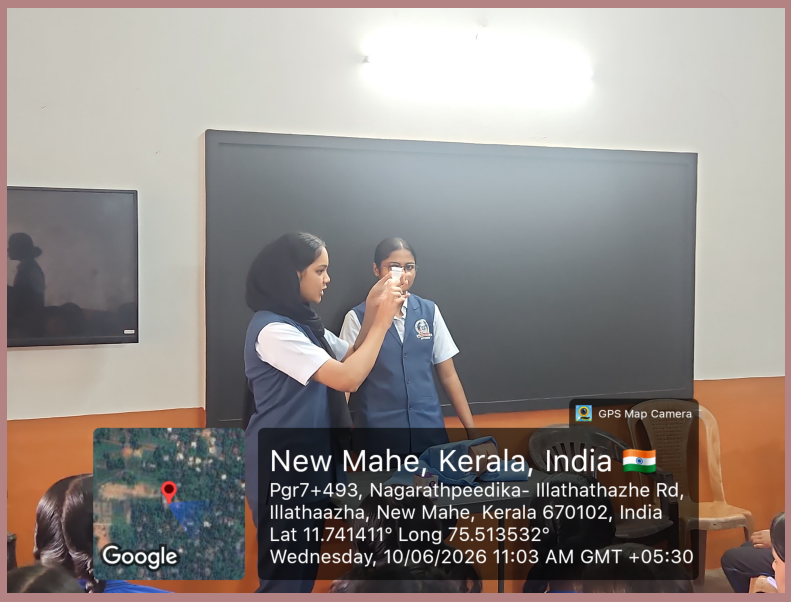


Expert Session II

Dr. Padmavathi D (Senior Nursing Officer, Clinical Nursing Services, NIMHANS, Bengaluru) focused on suicide prevention among adolescents, stressing the importance of early recognition and timely intervention. Dr. Binuja P gave the vote of thanks.

Menstrual Hygiene Awareness Programme – "Happy to Bleed"

The Department of OBG Nursing, together with eighth semester B.Sc. Nursing students (2022 batch) of INSeR, MCC, organised a Menstrual Hygiene Awareness Programme titled "Happy to Bleed" on 10 June 2026 at Tagore Vidyapeetam Secondary School, Nangarath Peedika. Mr Vinod Kumar K.T., Principal, welcomed the gathering, and Ms Pooja Ratheesan spoke on the importance of menstrual hygiene and breaking stigma. The programme featured an awareness session, a demonstration on menstrual cup use, a quiz competition, and a skit on menstrual health and social support. The event concluded with a vote of thanks by Ms Gauri Sinisha, 8th semester BSc Nursing student.







Grama Spandanam

The NSS Unit of INSeR, MCC (PGIOSR), held its four day Special Camp, Grama Spandanam, from 10 to 13 April 2026 at Government LP School, Panniyanoor. The camp was inaugurated by Snoya S in the presence of Prof. Dr Rohini T, faculty, local representatives, and community members.

Programmes included sessions on environmental conservation, biodiversity, and NSS activities, alongside awareness programmes on lifestyle diseases, the POSH Act, menopause, and first aid. A medical screening camp and educational activities for children further enriched the initiative. Field visits to farms and a mushroom cultivation centre provided practical exposure to sustainable practices, while cultural events and campfire sessions strengthened unity among volunteers.

The camp concluded with a valedictory function recognising the service of NSS volunteers. The programme enhanced leadership, communication, and teamwork, reflecting the NSS motto, Not Me But You.







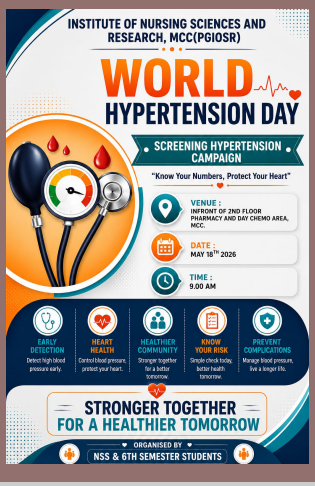


World Hypertension Day

On 18 May 2026, the NSS Unit and sixth-semester students of the Institute of Nursing Sciences and Research, MCC (PGIOSR), conducted a Hypertension Screening Campaign at MCC from 9.00 a.m. to 1.00 p.m. The programme promoted awareness, early detection, and healthy lifestyle practices. Counselling was provided to known hypertensive individuals not adhering to medication. Volunteers highlighted the importance of compliance, regular monitoring, balanced diet, exercise, stress management, and routine medical follow-up.







World No Tobacco Day 2026

On 1 June 2026, the NSS Unit, in collaboration with the Department of Adult Health Nursing and fourth-semester B.Sc. Nursing students, organised a rally and health talk at PHC Kodiyeri under the theme "Unmasking the Appeal: Countering Nicotine and Tobacco Addiction." The Medical Officer inaugurated the programme, stressing the health risks of tobacco use. Ms Ashmiya Jebi delivered a health talk on harmful effects, prevention, and healthy living, followed by a rally from PHC Kodiyeri to MCC Bus Stop.



World Environment Day – Plant Exchange Program

World Environment Day – Plant Exchange Programme
On 5 June 2026, the NSS Unit of INSeR, MCC, conducted a plant exchange programme "ഒരു ചെടി, ഒരു സുഹൃത്ത്" (One Plant, One Friend) in Lecture Hall 1. The Principal highlighted tree planting as a simple yet effective step against climate change. Students exchanged healthy saplings with friends to promote environmental responsibility.



International Yoga Day Celebration

The NSS Unit and SSGP of INSeR jointly organised International Yoga Day on 22 June 2026 from 3.00 to 4.00 p.m. at the INSeR Campus under the theme "Yoga for Harmony, Health & Happiness." Ms Rinjuna K.P., NSS Coordinator, welcomed the gathering, followed by an address from Prof. Dr Rohini T., Principal, who emphasised the role of yoga in promoting holistic health, concentration, stress reduction, and emotional resilience.
The session, led by Mr Murali M., Yoga Trainer, included demonstrations and practice of asanas, pranayama, and meditation, with guidance on their importance in stress management and wellness. Ms Ajana, a second semester B.Sc. Nursing student, delivered the Vote of Thanks



SNA North Zone Football Tournament

INSeR participated in the SNA North Zone Football Tournament. Sixteen students proudly represented the institution in the competition.



SNA Zonal Indoor Games

Students of INSeR, MCC, took part in the SNA Zone Indoor Games conducted at Lourdes College of Nursing, Taliparamba. The event provided an opportunity for them to showcase their skills in Chess, Carrom, and Badminton. Both boys and girls represented the institution across these categories, reflecting the spirit of participation and teamwork.





Internal Committee

Quiz Competition on Cyber Security

To create awareness among students regarding cyber security, safe online practices, and the prevention of cybercrimes, the Internal Committee organised a Quiz Competition on Cyber Security on 30 April 2026. Ms Malavika and Ms Akhila of the 7th Semester secured the First Prize in the competition



Quiz, Debate, Poster making

A Quiz Competition on Anti-Ragging was conducted on 29 May 2026 at the INSeR Campus. Ms. Ann Mathew and Ms. Nivya of 6th Semester B.Sc. Nursing secured the First Prize.

A Debate Competition was organized on 30 May 2026 on the topic: "Strict Punishment is the Only Way to Stop Ragging.". The team of Ms. Sruthi, Ms. Sreelakshmi, Ms. Megha, and Mr. Sree Raghav won the First Prize.

A Poster Making Competition was organized on the theme "Be a Mentor, Not a Bully." Ms.Saiby Sebastian, second Semester B.Sc.Nursing secured the First Prize.



Bottle Crafting Competition

An anti-drug bottle crafting competition was held to promote awareness through creativity. Students repurposed discarded bottles into artistic exhibits with impactful messages. Mr Deepjith P.V. (2nd Semester) won first prize, while Ms Parvana (4th Semester) and Ms Saiby Sebastian (2nd Semester) shared second place.





Letter to Future

A "Letter to My Future Self" competition was held on 24 June 2026. Students expressed their aspirations and commitment to a drug free life through their letters. Ms Sradha Sundar (6th Semester) won first prize, and Ms Hridya Renjith (6th Semester) secured second prize.





100 Kick Campaign: Say Yes to Life No to Drugs

As part of the observance of the International Day against Drug Abuse and Illicit Trafficking, the institution organised the "100 Kick Campaign: Say Yes to Life, No to Drugs" on 27 June 2026. The campaign was inaugurated by Prof. Dr Rohini T., Principal, who commenced the event with the first kick of the football. Staff and students then collectively completed one hundred kicks as a united stand against drug abuse.

Role Play on Anti-Drug Abuse

On 27 June 2026, Malabar Cancer Centre (PGIOSR) marked the International Day Against Drug Abuse with a Role Play by 2022 Batch students, depicting the harsh realities of addiction—health decline, academic failure, broken relationships, financial strain, and crime—to raise public awareness and promote a drug-free society.



Journal Presentation and CNE

DATE	TYPE	TOPIC	PRESENTER
29.05.26	CNE	Simulation Based Education	Dr. Simi Mohan Associate Professor
29.05.2026	JOURNAL PRESENTATION	Caesarean Section or Normal Vaginal Delivery: A Cross Sectional Study of Attitude of Medical Students.	Mrs. Rinjuna K.P. Lecturer

Paediatric Nursing - Workshop

The Department of Paediatric Nursing organized a comprehensive one-day workshop on critical life-saving techniques: Basic Neonatal Resuscitation Policy (BNRP) and Paediatric Life Support (PLS) on May 12, 2026.

Mental Health Nursing - Webinar

The Department of Mental Health Nursing, INSeR, MCC organized a national webinar titled "CTRL + ALT + THRIVE: Adolescent Mental Health in the Digital Age – Addressing Digital Addiction and Suicide Prevention" on 25th June 2026.

Training of Trainers

Prof. Dr Rohini T., Principal of INSeR, and Dr Simi Mohan, Associate Professor at INSeR, participated in the Indian Nursing Council's one week Training of Trainers (TOT) programme on advancing Simulation Based Education (SBE) in nursing. The programme was held at the National Reference Simulation Centre, Bagalkot, Karnataka, from 27 April to 2 May 2026.

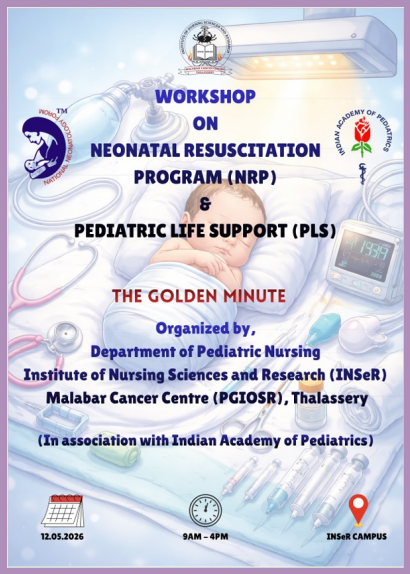




Prof. Dr. Rohini. T, Principal, INSeR, was being felicitated as the guest of honour at Samaritan college of nursing, Eranakulam on 23.05.26 for the Graduation ceremony of 20th batch of BSc Nursing students.

Mrs Rinjuna K.P. (Lecturer INSeR), attended the seminar entitled "Excellence in the Nursing Profession: The Power of Accountability, Action, and Autonomy in Saving Lives" held at the College of Nursing, Thalassery.

Mrs Shincy Vinod,(Assistant Lecturer, INSeR) together with 43 students, participated in the valedictory function of the Kannur District Nurses' Week Celebration at the Government Women's College, Kannur.





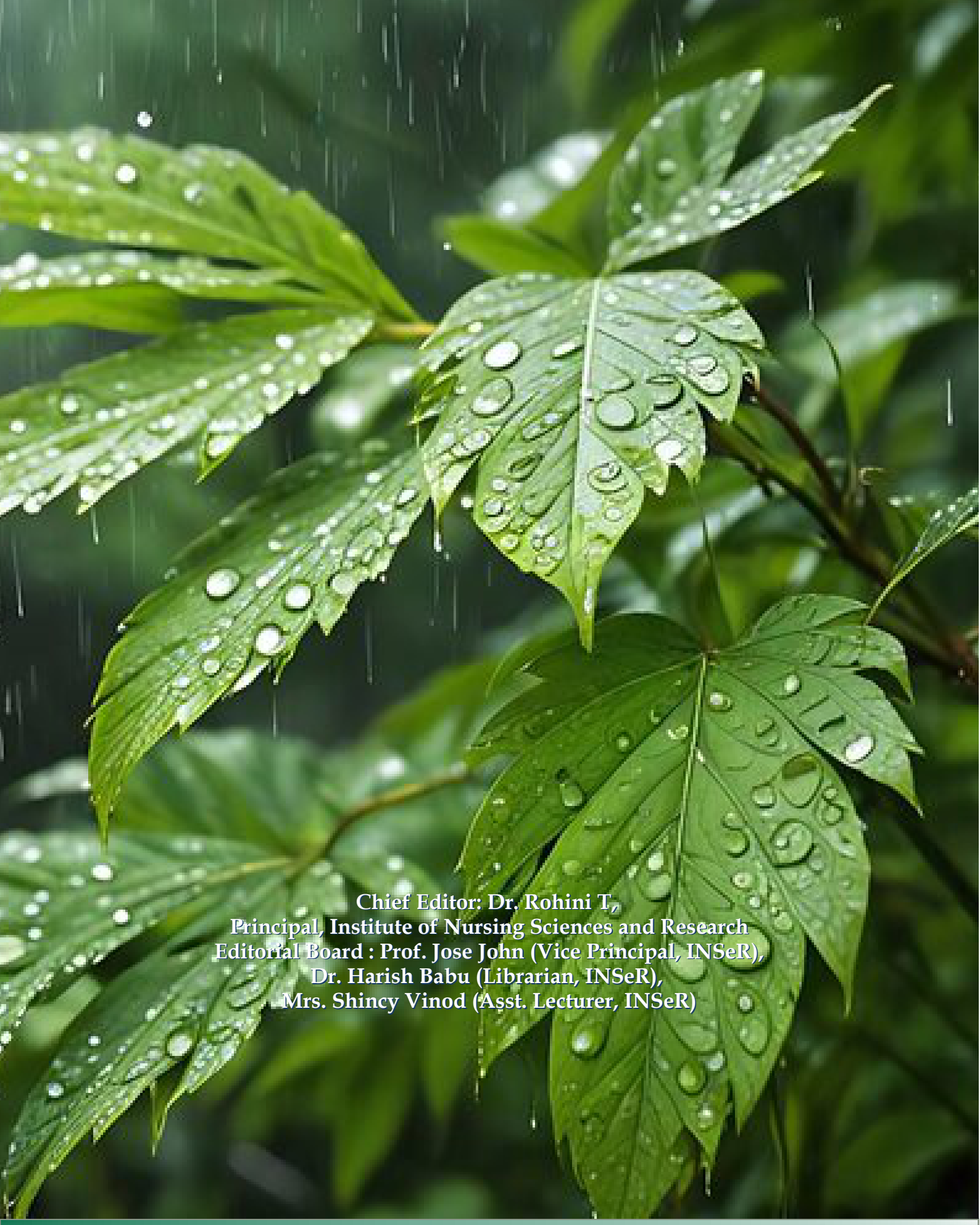




Achievements

Ms. I. Ishrath Fathima Successfully completed a certificate course on "Essentials of Palliative Care" in April 2026.





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)

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