

*"Spread love everywhere you go. Let no one ever
come to you without leaving happier"*

Mother Teresa



BEACON -18

Bishop Benziger College of Nursing
NEWS LETTER

Aug 2017 - July 2018

Be a Benzigerian... Realize your potential

Accredited by NAAC

Member of United Nations Academic Impact Program

PB NO. 46, SASTRI JUNCTION, KOLLAM-691 001

EXECUTIVE MEMBERS



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Most.Rev. Dr. Stanley Roman
(Former Bishop of Quilon)



Patron

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(Director, Bishop Benziger Hospital, Kollam)



President

Rev.Fr. Joseph John
(Manager, Bishop Benziger College of Nursing, Kollam)



Working President

Dr. Anoop K.R
(Principal, Bishop Benziger College of Nursing, Kollam)



Vice President

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Secretary

Mrs. Tincy Gerald (2004-2008, B.Sc Batch)
Clinical Instructor, Bishop Benziger College of Nursing, Kollam]



Joint Secretary

Ms. Anitta Thomas (2006-2010, B.Sc Batch)
Clinical Instructor, Bishop Benziger College of Nursing, Kollam]



Treasurer

Mrs. Sajini Raju (2007-2011, B.Sc Batch)
Clinical Instructor, Bishop Benziger College of Nursing, Kollam]

Message



Dear Alumnae,

Reach for the Pinnacle of Excellence

I am indeed happy to reach you all through our Alumni Newsletter which is passionately named as "BEACON" from this year onward. It is a true reflection of our interest to connect with you and update on the recent achievements of your Alma mater. We are proud to inform you that our institution received membership in United Nations Academic Impact Program and World Alliance on Breast Feeding-a WHO initiative. Tremendous support extended by the association, in establishing an "Academy Lounge" is thankfully appreciated. Do keep in touch and support the institution in its journey to excellence!!



TRANSFORMING NURSING, IMPACTING HEALTH CARE

Bishop Benziger College of Nursing, being a constituent unit of Bishop Benziger Society was established in the year 2004. The college is recognised by Indian Nursing Council (INC) & Kerala Nursing & Midwifery Council (KNMC). Our college proudly stands as first among the colleges of Nursing under AMCSFNCK & 2nd among 127 nursing colleges in Kerala State to receive remarkable achievement of NAAC accreditation. We are, one among 1200 institutions in more than 120 countries & first Professional College from health sectors in Kerala to work with the United Nations Academic Impact.

The college plays a pivotal role in providing value based nursing education in developing undergraduate & postgraduate professionals to become expert in the field of Nursing.



PROGRAMMES OFFERED :-

Sl. No.	Programmes	Duration	No. of Seats
1.	BSc Nursing	4 Years	50
2.	MSc Nursing Specialities of MSc Nursing	2 years	19
a.	Medical Surgical Nursing		5
b.	Child Health Nursing		5
c.	Obstetrics & Gynaecological Nursing		3
d.	Community Health Nursing		3
e.	Mental Health Nursing		3



A COMMON BOND, A SHARED PASSION

The Alumni, 4th general body meeting for the year 2017 was held on 12th December. 17 members were present in the meeting and it started with a silent prayer. The minutes of the previous meeting has been read by Alumni Secretary Mrs. Tincy Gerald. Dr. Anoop K.R, Principal, BBCON welcomed alumni members and delivered a speech regarding previous year alumni activities such as distribution of prize for the best outgoing BSc and MSc Nursing students and appraised for contributing of alumni fund for furnishing academy lounge in college campus. Inorder to foster co-operation and communication with our past students, the Alumni Vice President, Mr. Mukesh decided to start a whatsapp group for the alumni members. He suggested to plan different charity activities and also proposed to design an alumni association banner.

New executive members were elected for the upcoming activities. Ms. Angel Mary and Mr. Emmanuel were elected as college and hospital representatives of alumni association. Followed by that the account details was presented by Mrs. Sajini Raju, Alumni Treasurer. The meeting adjourned at 5 pm.

ALUMNI AWARDS



INFRASTRUCTURE

As a unit of Bishop Benziger Hospital society Bishop Benziger College of Nursing was established in old Jyothi Niketen College campus situated in the heart of Kollam town. Apart from the parent hospital, students are having an opportunity to get practical training in the well equipped new skill lab in addition to various departmental labs. This enables the students to develop their skill which is very essential for their career mobility. The total area of the college is 2.74 hectares. The examination hall of the college can accommodate 100 students. The Nursing College Library have more than 6500 textbooks, 38 printed Journals, both national & International, 32 e-Journals with advanced DELNET, OPAC and wifi connectivity. The library functions from 8 am - 6pm. A new well furnished academy lounge and skill lab added to the infrastructure in the current academic year.



Academy Lounge



Skill Lab

BBCON FACULTY PROFILE

At present, Dr. Anoop K.R serves as the Principal of the college and Prof. Anand as the Vice Principal with a team of dedicated 23 faculty members and 18 non-teaching staff members.

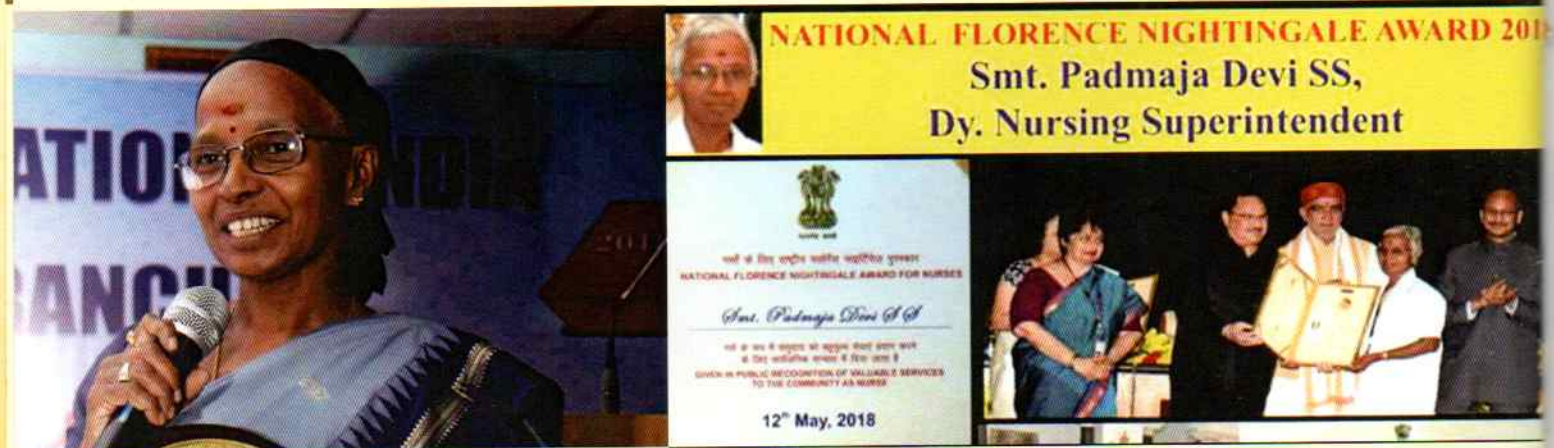
Designation	Existing	Mean years of experience
Professor(Principal/HOD)	03	20
Associate Professor	02	12
Asst. Professor	04	5
Tutor with PG/	10	2
Clinical Instructor	06	3.5
Total Teaching Faculty	25	
Physical Education Teacher (Part time)	01	-
Maintains 1:10 faculty student ratio as per INC norms		



The overall mood in the college of Nursing was pretty sombre in the months of August to July as students put aside their fun and frolic and became engrossed in their studies. However there were a few co-curricular activities which keep the students refreshed.

INVITED TALKS @ BBCON

Smt. Padmaja Devi S.S, Nursing Superintendent, SCTIMST, Trivandrum, who was the Florence Nightingale Award Winner 2018, interacted with the MSc Nursing students on 29.6.18 regarding her achievements and shared her valuable experiences in the nursing field.



MEMBERSHIP IN UN ACADEMIC IMPACT (UNAI) PROGRAM

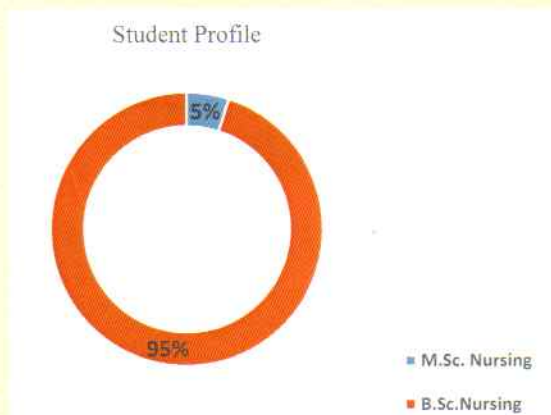
UNAI chapter of BBCON was officially inaugurated on 23rd January 2018 by Mr. Saji C. Thomas, UN representative, New York. BBCON received the membership of UNAI on educational mission intends through opportunities like global village, sustainable goals which creates humanity among the community.



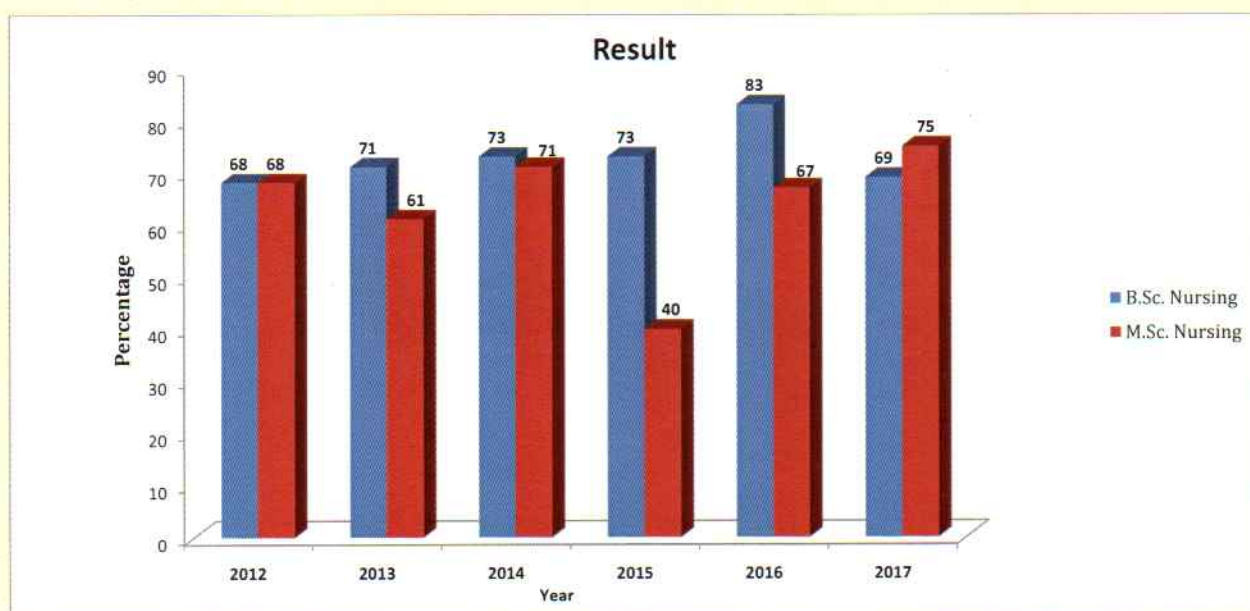
STUDENT PROFILE

MSc Nursing - 10

BSc Nursing - 197

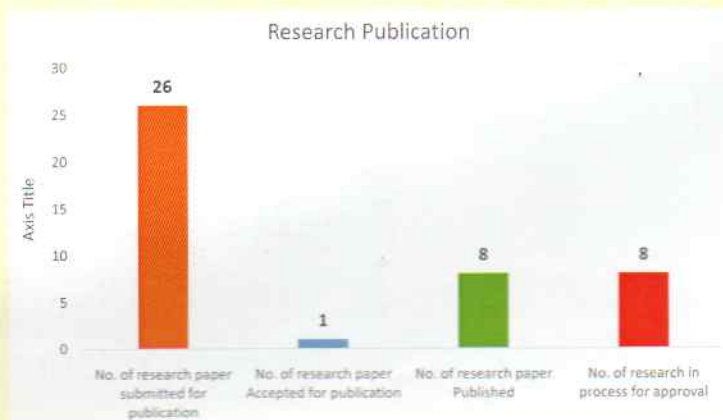


RESULT



RESEARCH @ BBCON RESEARCH PUBLICATIONS

BBCON supports faculty and student researches through seed grant. Institution also sponsors faculty for attending and presenting papers in state or national conferences. The number of faculty attending conferences were also comparatively higher in second quarter of the year than the first.



COLLEGE ACHIEVEMENTS

Our college secured 3rd best institutional agricultural award in the governmental project on vegetable cultivation 2017-2018 and received a cash award of Rs. 5000/-.

BBCON received a token of appreciation from Bishop Joshua Mar Ignatious for the prolife activities in the institution.

BBCON also secured an e-certificate for participation in WABA project. WABA is a global network of organisations and individuals who believed breast feeding is the right of all children and mothers and who dedicate themselves to promote, project and support this right. WABA acts on the Innocent Declaration and work in close with UNICEF.

Graduation Gown and cap along with academic stole was designed by the faculties of BBCON exclusively for the graduation ceremony.

Logistic support for research work and student projects initiated from the month of May 2018 within the college campus.

4 faculties of BBCON are attending KUHS certificate programmes for faculty empowerment.



KRISHI AWARD



PRO LIFE AWARD



WABA CERTIFICATE



GRADUATION GOWN



LOGISTIC SUPPORT

FACULTY ACHIEVEMENTS

Prof. Anoop K.R (Principal, BBCON) has been awarded PhD in Nursing by Saveetha Institute of Medical & Technical Activities for the thesis titled "Effectiveness of Spiritual care training program on spiritual care competence of nurses and its impact on spiritual well being of their patients with cerebral stroke.



Mrs. Sony John (Clinical Instructor, BBCON) was conferred with Faculty Performance Prize 2018 for her contribution to the academic activities and achievements as a programme officer of NSS.

NURSES WEEK CELEBRATION - PRIZES FOR STAFFS

Mrs. Betsy K. Jayims (Asst. Prof.)	English Essay Writing	I Prize
Ms. Angel Mary (Clinical Instructor)	Malayalam Story Writing	II Prize
	Poem writing-Malayalam	I Prize
	Painting	I Prize
Ms. Anitta Thomas (Clinical Instructor)	Pencil Drawing	II Prize
Ms. Angel Mary & Ms. Anitta Thomas	Quiz Competition	II Prize



SCIENTIFIC ACTIVITIES

Ms. Anitta Thomas, Mr. Jerin James & Mrs. Resmi Raveendran had secured second prize in poster presentation held at state level conference, Govt. Medical College of Nursing, Alleppy.

Mrs. Soly Thomas, Ms. Asha & Mrs. Sajini won first prize in poster presentation of National Conference held at Govt. College of Nursing, Trivandrum.

Mrs. Lovelin & Mrs. Athula secured third prize in poster presentation of National Conference held at Govt. College of Nursing, Trivandrum.

Mrs. Resmi, Ms. Anitta, Ms. Angel Mary and Mr. Jerin had achieved first prize in poster presentation of state level conference held at Govt. College of Nursing, Alleppy.

Mrs. Sheeja Suresh & Mrs. Feby Fulgen got first prize in poster presentation in National Conference held at St. Thomas College of Nursing, Chethipuzha.

Mrs. Binutha. V.P & Mr. Jerin. J had secured third prize in poster presentation in National Conference held at St. Thomas College of Nursing, Chethipuzha.

PROMOTIONS

Mrs. Sheeja Suresh was promoted as Associate Professor.

Mrs. Lovelin Moris, Mrs. Febi Fulgen & Mrs. Betsy K. James were promoted as Asst. Professors.

FACULTY AS A RESOURCE PERSON :-

Dr. Anoop K.R. was a resource person in the conference "National Policy initiatives, on Mental Health" Organized by MMM College of Nursing on 28th & 29th June 2017 at Chennai.

Dr. Anoop K.R. was a resource person in the state level workshop on the topic "Integration of Nursing & Service - concept of Dual Responsibilities for Nurses" on 4th April 2018 held at Bishop Benziger College of Nursing, Kollam.

Dr. Anoop K.R was a resource person in the 17th Annual Conference of ISPN Liaison Psychiatric Nursing: Models and Roles in Caring Patients with Psychosomatic Disorders on 9th-11th March 2018 held at SGT University, Gurugram, Delhi.

Prof. Annal Angeline was a resource person in the state level workshop on the topic - "Intergration of Nursing & service - concept of Dual Responsibilities for Nurses" on 4th April 2018 held at Bishop Benziger College of nursing, Kollam.



RESEARCH CELL

In order to strengthen research activities at Bishop Benziger College of Nursing, Dr. (Sr.) Celsy Mary, Principal, St. John's College of Nursing, Bangalore has been appointed as a Visiting Research Consultant and a member of academic advisory committee of Bishop Benziger College of Nursing for a period of 2 years.

Dr. Sindha H. Mendez Rtd. Professor of Education was appointed as a part time counsellor and academic consultant with a view to enrich student support activities and academic climate in the campus.



Dr. (Sr.) Celsy Mary



Dr. Sindha H. Mendez

CNE PROGRAMS

College conducted a state level workshop on the topic "Integration of Nursing Education & Services - Concept of Dual responsibility for Nurses". Eminent speakers and delegates from different parts of the state participated in the program. Faculty members also conduct monthly CNES in BBCON & parent Hospital.



CAREER PLACEMENT

A campus recruitment drive was organized by our Career Guidance Cell. Madras Medical Mission Hospital conducted a career recruitment on 6/10/17. 17 students were selected. A skype interview was arranged by Adithya Birla Hospital, Pune & Fortis Hospital, Delhi on 12/10/17, 27 students were participated and all got selected.



CAREER GUIDANCE

KAN, One of the leading agency of CANADA organized a seminar about immigration services on 26.10.17 for 4th BSc & MSc Nursing students. A class was conducted by INSCOL ACADEMY on 5/6/18 regarding reflective learning practices in Nursing. An inhouse orientation program was arranged for the Final Year students on CV preparation and skills for attending placement interview on 17.7.18.



TRAINING PROGRAMME

On 28/6/18, BLS training programme was organized by IEMS for the fourth year BSc Nursing students. A total of 37 students participated in the programme.



COMMUNITY RADIO PROJECT

In collaboration with Community Radio Benziger BBCON launched a radio programme based on basic Public health needs with 72 episodes and will be on air by last week of August. Ms. Angel Mary, Clinical Instructor, BBCON was the faculty co-ordinator of the project and is conducted by 4th year BSc Nursing students



LIBRARY BOOK DONATION

As a part of charity activities, BBCON funded Rs. 5000 for donating library books of various subjects & 2 Daily Newspapers with annual subscription to St. Antony's Reading Room, Kaikulangara, Vaddy on 30/12/17.

EVENTS @ BBCON**LAMP LIGHTING AND GRADUATION CEREMONY**

Lamp lighting ceremony (14th Batch BSc & 48th batch GNM students) & graduation ceremony (10th Batch of BSc Nursing students & 5th Batch MSc Nursing students) was commenced on 13/2/2018 at 3.30 pm in college Auditorium. Most. Rev. Dr. Stanley Roman, Bishop of Quilon presided the function. Mr. K.P. Earnest (Rtd. IFS) was the chief guest of the function. Mrs. Padmaja Devi S.S, Nursing Superintendent, SCTIMST, Trivandrum and Florence Nightingale Award Winner was the guest of honour. The meritorious students were honoured during the ceremony.

**OTHER EVENTS**

Apart from the conferences held, college also conducted events independently and also by joining hands with other departments of BBCON.

Events	Focus	Date
World Heart Day	MSc Nursing students gave health education in BBH based on the theme "Share the power". CPR demonstration was done to the public	29/9/17
World Mental Health Day	"Mental Health in work place" was the theme. A radio talk and seminar was conducted by MSc & BSc Nursing students	10/10/17
Fresher's Day	14 th Batch of BSc Nursing & 8 th Batch of MSc Nursing Students were welcomed by seniors.	13/10/17



World Immunization Day	A health talk was given by Child Health Nursing Department in BBH	10/11/17
World Diabetic Day	Based on the theme "Woman & Diabetes", free diabetes screening & awareness for the women were conducted by medical surgical department in collaboration with BBH, Kollam	14/11/17
Childrens Day Celebration	Organized by Child Health Nursing Department in Paediatric wards of BBH	14/11/17
Speak for India Kerala Edition 2017	District level competition of Federal Bank Ltd. Speak for India was conducted in association with Mathrubhumi at BBCON, Kollam	22/11/17
World Aids Day	Based on the theme "My Health, My Right" a walkathon was organized by DMO and 1 st year BSc Nursing students secured first prize in rally	1/12/17
Safe Kollam	An antidrug awareness campaign by Safe Kollam, a joint venture of Kollam City Police & Lions Club International was conducted in College Seminar Hall.	13/12/17
Christmas Day Celebration	Very Rev. Msgr. Ferdinand Peter was the Chief guest of the function. Followed by that various cultural programmes were conducted by the students.	23/12/17
College Union	Organised by college Union & new executives were elected.	12/1/18



Republic Day National Flag was hoisted by Dr. Anoop K.R. Principal also addressed the students and gave the republic day message. 26/1/18

Health Camp One day health camp was conducted at ABHAYAM Eravipuram, Kollam. Free health check up & health awareness classes were conducted 26/1/18

School Health Programme School Health Programme was conducted by 4th yr BSc (N) students at Govt. LPS. CKP, Kollam 2/2/18

World Cancer Day 4th year BSc (N) students conducted cancer related Role play and Health awareness classes at CHC, Thrikkadavoor 3/2/18

SNA General Body Meeting SNA & KUHS Union General body was conducted at College Auditorium 8/2/18

Arts & Sports Day Organized by SNA at FMNC & BBCON 16/3/18
17/3/18

World Health Day Based on the theme "Universal Health coverage Everyone Everywhere", 3rd year students participated in rally & role play. 7/4/18

Nurses Week Celebration Nurses week celebration was organized at BBCON based on the theme - "Nurses A voice to Lead-Health is a Human Right". Students & Faculty participated in various competitions conducted at district level. 7/5/18



One day camp	Organised by NSS in the cap of DG Kadappakkada	9/5/18
International Workers Day	Based on the WABA theme "Warm chain support for breast feeding", BBCON conducted home visit and health education programme in Community Health Centre, Pallithottam	16/5/18
Nipah Virus Awareness Programme	Conducted by II nd year BSc Nursing students at CHC, Palathara	25/5/18
World Environment Day	Organized by NSS based on the theme "Beat the Plastic". 2 nd yr BSc & 4 th BSc Nursing students participated in various activities such as planting of saplings in the campus, cleaning session and also arranged an exhibition.	5/6/18
International Yoga Day	Organised by NSS based on the theme "Importance of Yoga in day today life". Dr. Sonia NS, Medical Officer AYUSH was the chief guest	20/6/18
Oppo Event	Organised by BBCON as a part of Onam Celebration	01/08/18
Medical Exhibition	Organised by BBCON as a part of 70 years of Health Care Celebration in BBH.	13/8/18 14/8/18



VISITORS TO CON, BB CON

GUEST VISIT

Mrs. Jyothis Ambadi, worked as a tutor (Canada) visited us on 26/10/17 and gave a speech on scope of Nurse in Canada.

Mr. Saji Charuvil Thomas, Speaker on United Nations Academic Impact from Newyork, USA visited us on 23/1/18



STUDENTS VISIT

Being a role model Institution in the field of Nursing education academic year 2017-2018 3 Colleges of Nursing visited us in order to upgrade their knowledge on administration and infrastructure facilities at our college and hospital as part of their curricular requirement.

BSc Nursing students from PRS College of Nursing, Trivandrum, Travancore College of Nursing, Kollam & Holy Cross College of Nursing, Kottiyam visited BB CON, BBH.



RELIGIOUS ACTIVITIES HELD PROLIFE

A Prolife session was taken by Mr. George F Valiyaveedu for the prolife members on 2.7.18. The topic of the session was "An orientation to Pro-Life". A state level class was attended by Mrs. Sajini Raju (Prolife in charge) which was arranged by KCBC Ministry of Family, Apostolate Latin, Archdiocese of Trivandrum at Animation Centre, Vellayamabalam on 27/5/18.



ANNUAL RETREAT

Annual retreat for both all the batches of students (UG, PG) and faculty members was conducted on 8/12/17, 9/12/17 at college auditorium. The retreat was co-ordinated by Rev. Fr. Berny Varghese, Kappuchin.



OTHER ACTIVITIES

We also had routine activities like Radio Club Activities, Journal Presentation & Staff Development Programmes.



BREAK FROM THE HUSTLE AND BUSTLE IN TO THE LAP OF MOTHER NATURE

A faculty tour to Konni On 21/9/17



FAREWELL CEREMONY & WELCOME CEREMONY

A farewell function was arranged in honor of the former director, Msgr. Rev. Fr. Ferdinand Peter on his Feast Day, 30/5/18 and an official welcoming was given to Rev. Fr. Anil Jose, the new director. During the occasion a gift was sponsored from the part of Alumini Association to Fr. Ferdinand Peter. In farewell address, Father shared his valuable experience as the director of BBH & BBCON for the last 14 years.



FUTURE PLANS

- BBCON is planning to open a new community health centre by the end of August in Neendakara.
- Establish institutional research centre under KUHS at college campus.
- Establish advanced skill lab with in the college campus.

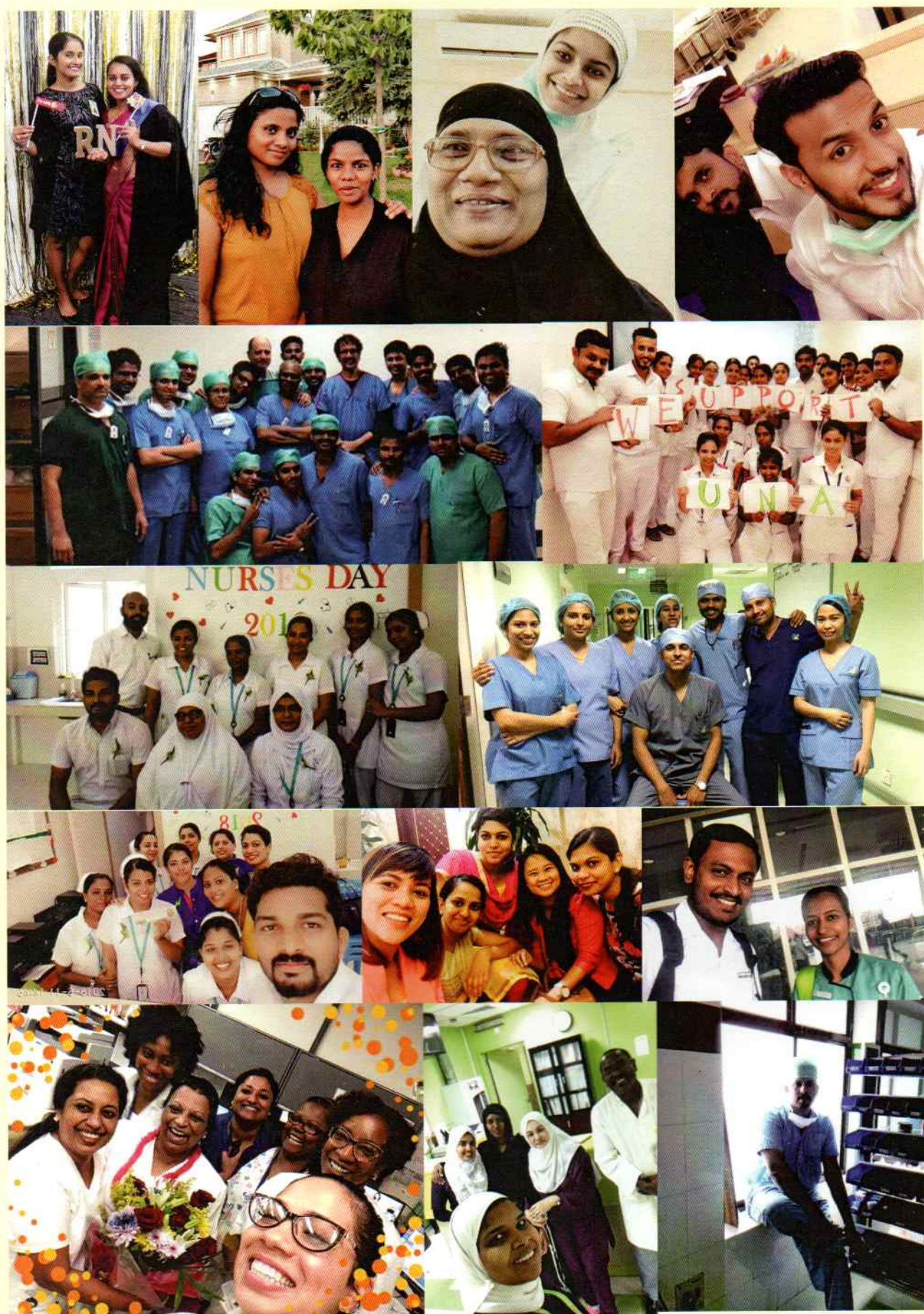
SHARE YOUR CARE

We invite alumni members to make an initiative to develop skill lab with most advanced technology that will enhance students academic experiences through your funds and valuable suggestions. If you wish to support for this project, please consult with the office bearers of alumni.

OUR EXTRA MURAL ALUMNI'S



OUR EXTRA MURAL ALUMNI'S





GREETINGS FROM THE ALUMNI VICE PRESIDENT

Dear Alumni,

Greetings to you from your Alma mater, college of Nursing, Bishop Benziger. I am happy to meet you through last year reflections and I am please to inform the academic excellence that our college has achieved through this newsletter

I enjoy hearing from alumni and even more eager to meet you in the alumni meet or during visit to BBCON

With Best Wishes

Mr. Mukesh
Alumni Vice President

KEEP IN TOUCH

Dear alumni, we are happy to inform you that we have been growing in all our academic endeavours with the grace of the lord Jesus Christ. We will be more happy if you update us with your interesting events, success, change of place and matters that can be communicated through our Facebook page.

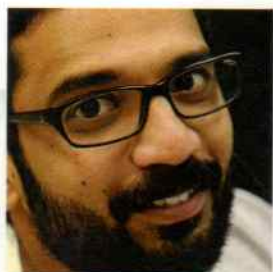
Write to us, stay informed, God bless You

Website : www.bbconkollam.org
College E-mail id : bbcon_official@yahoo.co.in
College Address : Bishop Benziger College of Nursing
P.B No.46, Sastry Jn.
Kollam - 01
Contact on : 0474-2765582

ALUMNI Action Plan for the Upcoming year

- Alumni News Letter
- Scholarship for Students
- Alumni get together
- Alumni workshop
- Honouring best outgoing batch of both B.Sc. & M.Sc. Nursing Students during Graduation Ceremony

Testimonials from our Alumni...



Mr. Patric Christie
LPN @ Canada

The education which I received from BBCON really helped me to build my professional career. The value based education was really helpful in gaining the importance of human values and compassion. Moreover, the experience I got from this college is comparable to any International standards.”

I have completed my graduation from the very prestigious Bishop Benziger College Of Nursing. To my fortune, I could work there as Lecturer in Department of Psychiatric Nursing for one year after completing my postgraduation Life there moulded me to work with compassion and dedication. The cultural and spiritual values imbibed from the college influenced my attitude, which later strengthened me to tackle my career goals”.



Mr. Praveen George
AO(N) @ Saudi Arabia



Mrs. Leejia Mary Jose
LPN @ Canada

College days!! Nostalgia they call it...well, I call it life ,where we had fun and together we made memories that could never fade....The skills we acquired from our teachers, the experience we gained from our college and knowledge we shared between us...gave us hopes and strength to travel this far. Those are the days that remain in memory scrap book that can never be replaced. Those are the days that never DIE!!!”