



BISHOP BENZIGER COLLEGE OF NURSING

Accredited by NAAC

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

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ALUMNI NEWSLETTER 2016-2017

OFFICE BEARERS

Founder Patron	:	Most.Rev. Dr. Stanley Roman (Bishop of Quilon)
Patron	:	Very.Rev.Msgr.Ferdinand Peter (Director, Bishop Benziger Hospital, Kollam)
President	:	Rev.Fr. Joseph John (Manager, Bishop Benziger College of Nursing, Kollam)
Working President	:	Prof. Anoopa K R (Principal, Bishop Benziger College of Nursing, Kollam)
Vice President	:	Mr. Mukesh M (2004-2008, B.Sc. Batch)
Secretary	:	Mrs. Tincy Gerald (2004-2008, B.Sc Batch) Clinical Instructor, Bishop Benziger College of Nursing, Kollam)
Join Secretary	:	Mr. Jerin J [(2013-2015, M.Sc Batch) Tutor, Bishop Benziger College of Nursing, Kollam]
Treasurer	:	Mrs. Sajini Raju [(2007-2011 B.Sc. Batch) Clinical Instructor, Bishop Benziger College of Nursing, Kollam]
Student Representative	:	Mr. Shajahan (2012-2014 M.Sc.Batch) Ms.Aswathy Yohannan (2010-2014 B.Sc. Batch)

MESSAGE FROM THE PRINCIPAL

Dear Alumni,

Greetings and Welcome to the 3rd issue of Alumni News Letter

I am indeed happy to reach you all through this newsletter and proud to note that we enjoyed the last academic year and worked with purpose adding zest to the professional ambience at the campus. Quality of our service was ensured through constant monitoring of all curricular and cocurricular activities by the Internal Quality Assurance Cell

I appreciate your valuable contributions to your Alma Mater , based on your expertise and experience which will expedite it's Journey towards Excellence In the field of nursing education

Do keep in touch.

Prof.Anoopa K R

Principal, Bishop Benziger College of Nursing

ANNUAL REPORT 2016-2017

The third general body meeting was conducted on 29th September 2015 at 3pm in seminar hall, Bishop Benziger College of Nursing. Followed by the reunion of first Batch of B.Sc. Nursing Students. 25 members were present in the meeting and it started with a silent prayer.

Mrs. Betsy K Jayims (2011-2013 M.Sc. Batch, Tutor and Alumni Member) welcomed the gatherings. Prof. Anand S (Vice principal, Bishop Benziger College of Nursing) Presided over the meeting. Vice Principal delivered a speech about the NAAC Accreditation and the new facilities available in the campus. Along with that he provided information regarding the second alumni newsletter, which was released on the College Day function by Dr. Jerin J Disilva (Alumni Member) and News Letter was distributed to the Alumni Members.

Also he suggested that the first Batch B.Sc. Nursing students of the college can do some charity activities like sponsoring a student apart from the alumni activities. The alumni members take it as a positive suggestion. After that, the former teachers, Mrs. Gracemma Joseph, Mrs. Preetha S and Mrs. Kirupa gave their valuable suggestions and ideas. During the meeting a High Tea was arranged by the college.

The meeting adjourned at 5 pm with vote of thanks by Mrs. Tincy Gerald (2004-2008 B.Sc. Batch, Clinical Instructor and Alumni Member).



COLLEGE NEWS AND EVENTS

Courses Offered

<u>M.Sc. Nursing</u>	:	19 Seats (5 Specialities)
Medical Surgical Nursing	:	5 Seats
Child Health Nursing	:	5 Seats
Obstetrics and Gynaecological Nursing	:	3 Seats
Community Health Nursing	:	3 Seats
Mental Health Nursing	:	3 Seats
<u>B.Sc. Nursing</u>	:	50 Seats

5 Batches of M.Sc. Nursing and 9 Batches of B.Sc. Nursing Students have graduated from this institution as on 2016

CELEBRATIONS AND SPECIAL EVENTS

Teachers Day Celebration and Farewell Function

On the eve of Teacher's day (05/09/2016), various cultural programmes were performed by Students and Faculty members. The function was organized by fourth year B.Sc. Nursing Students.

On the same day college gave farewell to 9th Batch B.Sc. Nursing Students. They shared their college life experience and the programme was followed by cultural events.



College Day Celebration – Calista 2k 16



The College Day celebration was held on 6th September 2016. The function was inaugurated by Ms. Asha Ajith (Asst. Collector, Kollam). The College Magazine *Calisa* was released by Rev. Msgr. Ferdinand Peter and Alumni News Letter was released and received by Dr. Jerin (Alumni member -2005-2009

B.Sc. Batch). Cultural entertainment programme followed the formal function.

Onam Celebration

On 8th September 2016, BBCON celebrated Onam, many cultural programmes including competitions such as Thiruvathira, Group Song, Group Dance and Games were the highlights. The Onam sadhya was served to the staff and students. The programmes were wrapped up by tug-of-war game.



Fresher's day Celebration



Fresher's day PHILOTS 2016 was organized on 9th September 2016. The day was filled with excitement, music, enthusiasm and happiness. The senior students arranged exciting games for the fresher's that were enjoyed by all.

Christmas Day Celebration

Christmas is all about sharing and spreading happiness, keeping this in mind we ceremonialized Christmas on 22nd December 2016. The Chief Guest of the programme was Fr. John Paul. The event was memorable with Carol Songs, Christmas Songs, Dance and a merry visit by Santa Claus, which was followed by distribution of cake and goodies.



Lamp Lighting and Graduation Ceremony



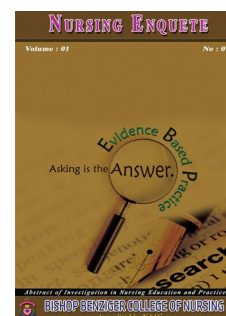
The lamp Lighting ceremony of (13th Batch B.Sc. Nursing Students & 48th Batch GNM Students) and Graduation Ceremony of (9th Batch B.Sc. Nursing Students & 5th Batch M.Sc. Nursing Students) was celebrated on 21st January 2017 in College Auditorium. The function was inaugurated by Mrs. Sreelekha R (Chief Nursing Officer, RCC,

Trivandrum). The lighted lamps was passed over to the Fresher's by Prof. Anoop K R (Principal, Bishop Benziger college of Nursing) and Mrs. Mercy P (Principal, Benziger School of Nursing) followed by Oath taking of Students. Most. Rev. Dr. Stanley Roman (Bishop of Quilon) delivered the benedictory address and presented the Code of Ethics to the Graduates.

Internal Quality Assurance Cell (IQAC) :

First Annual Quality Assurance Report (AQAR) was submitted to National Assessment and Accreditation Counsel (NAAC) on 10/07/2017.

- College is planning to publish a research bulletin in every year, the first edition is expected to release on 19/08/2017 during the college day function.



SNA ACTIVITIES

HEALTH DAY CELEBRATIONS

World Heart Day

The World Heart Day was observed on 29th September 2016 in collaboration with Bishop Benziger Hospital, Kollam. Cardiologists Dr. Sujay Renga and Dr. Joseph Cardoz were delivered a talk about World Heart Day, and a role play was conducted by B.Sc. Nursing Students for the public.



AIDS Day



An AIDS awareness programme was organized in 1st December 2016, in collaboration with District Medical Office, Kollam. Based on the theme, (**“Hands ups for the HIV Prevention”**) a rally was held at the Kendriya Vidhyalayam, Kollam. Our Teachers and students actively participated in the rally.

World TB Day

World TB day was marked on 24th March 2017. Second year B.Sc. Nursing Students participated in the exhibition conducted at TB centre, Kollam. Along with that a radio talk and puppet show was conducted by our students at community health centre, Pallithottam.

World Health Day

The significance of World Health Day was observed on 7th April 2017 on the theme **“Depression Let’s Talk”**. As a part of the event, a role paly was conducted at Pallithottam Community area. Along with that a Quiz competition was organized and conducted at our College.

Nurses Day Celebration

Theme : **Nurses: a voice to lead - the Sustainable development goals**

Nurses week was celebrated by organizing various programmes including essay writing, Quiz and painting competitions followed by cultural events at college in collaboration with district medical office, Kollam from 06/06/2017 – 12/06/2017. As a part of the event Mrs. Betsy K Jayims [(2011-2013 M.Sc. Batch) Tutor, Bishop Benziger College of Nursing] conducted a radio Talk regarding the theme.



SNA Events

- ♦ SNA organized annual sports and cultural events on 17/08/2017 and 18/08/2017 respectively.
- ♦ SNA conducted a class regarding **“Consumer rights and protection council”** On 06/01/2017 at seminar Hall, BBCON. Sri. E. Francis (District and Session Judge [Rtd]) gave an awareness class on the topic **“Indian Consumerism”**. Adv. Mary Nirmala Edwin highlighted the value of consumer activities.
- ♦ SNA sports meet - Zonal level.

The annual Zonal sports meets was conducted on 28th March 2017 at University Stadium, Palayam. Around 32 students participated in various indoor and outdoor games. Ms. Arya S won II prize for 2 x 100 m Race and Relay.

- ♦ SNA organized **Anti-Drug-Anti Human Trafficking** awareness programme on 24/01/2017 at College Seminar hall. Dr. Satheesh Bino IPS (Commissioner of Police, Kollam) officially inaugurated the function. Mr. Rex Bobby (ACP, Kollam), and Mr. Sunil (ASI, Kollam) conducted awareness classes about the theme.
- ♦ SNA South Zone Cultural meet.

The annual Zonal Cultural Meet was conducted on 06/07/2017 & 07/07/2017 at Mercy College of Nursing, Valakam. Around 60 Students Participated in various programmes. We secured prizes in Quiz, Posture Presentation, Group Song, Mono act

NSS ACTIVITIES

- ⇒ The world NSS Day was Celebrated on 29/09/2016 at College Auditorium.
- ⇒ The Swachh Bharat Pakhwada 01/11/2016 -15/11/2016.

Various programmes related to Swachh Bharat Mission was organized by NSS unit of Bishop Benziger College of Nursing. Students and Teachers actively participated in the public awareness rally. Along with that Slogan writing competition and campus cleaning were held at our college.

- ⇒ International Yoga day was observed on 21st June 2017 at College Auditorium. A video on various Asanas of Yoga was shown in each class rooms. Our 99 NSS volunteers actively participated in the programme.
- ⇒ The women's day (**Theme: Bold for Change**) was observed on 18th April 2017 at S.S.Samithy, Mayyanad and it was officially inaugurated by Mrs. Shahida Jamal (Congress Leader.). Mr. Saju. John (S.S.Samithy, Secretary) take a session on women empowerment for the students and inmates.

- ⇒ NSS organized an awareness programme on Mental Health for students on 28/04/2017, as a part of **Manasik Swasthya Vichar project** (It is a joint venture of Nehru Yuva Kendra and SS Samithi Institute of research and development, Kollam). The function was



officially inaugurated by Mrs. Vijaya Francis (Deputy Mayor, Kollam) and she spoke on the significance of physical and mental Health. Dr. Ramesh Chandran (Psychiatrist, Gov. Hospital, Kollam) explained about the important of Mental Health for the students.

- ⇒ World Environmental Day (**Theme: Connecting People for water**) was celebrated on 5th June 2017. The programme of the day was class room cleaning, planting of saplings and various activities at Kitchen Garden.



⇒ As a part of NSS activity a new project on cultivation of Paddy and vegetables is started in our college. It is planned to cultivate in an area of one acre land other than campus building. This project is under the guidance of Krishibhavan, Kollam. Paddy cultivation was inaugurated by Mrs. Vijaya Francis (Deputy Mayor, Kollam) on 05/07/2017 and vegetable cultivation was inaugurated by Mr. Mukesh (MLA, Kollam) on 21/07/2017.



COMMUNITY HEALTH CENTRE ACTIVITIES

- World Cancer day was observed on 04/02/2017 at Community Health Centre, Palathara. A Posture presentation was arranged by students for the Public.
- A seminar on Palliative care was organized by community Health Nursing Department on 20/01/2017. Around 100 volunteers of Quilon Social Service Society were participated in the programme. On the same day a health education was provided to the inmates of Balikamandiram regarding Personal Hygiene in the form of Puppet show by the students.
- In collaboration with Obstetrics and Gynaecological Nursing Department and govt. Victoria Hospital, Pulse Polio immunization programme was conducted on 29, 30 & 31st January 2017. Fourth year B.Sc. Nursing Students participated in the programme.
- A medical camp was organized at St. Antony's Library, Vaddy on 10/12/2016 by students and faculty members of Community Health nursing department. The camp was intended for health assessment, BP checking of general population and anaemia detection in adolescents and health education.
- World Diabetes day: **(Theme: Eyes on Diabetes)**

The day was observed on 14/11/2016. A health education regarding diabetes Mellitus and diabetic diet was provided in community health centre OPD, Palathara by B.Sc. Nursing Students and faculty members of Community Health Nursing Department.

- The international day for Elderly was observed on 01/10/2016 based on the theme **"Take a Stand against ageism"**. A health education regarding needs and problems of elderly was provided in Anugraha Nagar under Pallithottam Health Centre by B.Sc.

Nursing Students and Faculty members of Community Health Nursing Department.

- World Breast Feeding Week was celebrated from 1st – 8th August 2017. Various programmes were conducted in college such as essay writing, posture presentation and role play. A rally was organized by community health nursing department in collaboration with Obstetrics and Gynaecological Nursing Department and Child Health Nursing Department. A radio talk on Breast feeding for the public awareness was also enacted.

WORKSHOPS, CONFERENCES, PRESENTATIONS

⇒ A CNE on **“Significance and responsibilities of IQAC in Nursing Colleges”** was organized on 18th November 2016 at college seminar hall. Prof. Suresh K N (Principal, SIMET College of Nursing, Ernakulam), Prof Anoop K R (Principal, Bishop Benziger College of Nursing), Prof. Annal Angeline (HOD of Obstetrics and Gynaecological Nursing Department, Bishop Benziger College of Nursing) were the resource persons.



Benziger College of Nursing), Prof. Anand S College of Nursing) and Prof. Annal Angeline (HOD of Obstetrics and Gynaecological Nursing Department, Bishop Benziger College of Nursing) were the resource persons.



⇒ A workshop on **“Ethics in Research”** was organized by PG Students on 20/01/2017, at college auditorium . A total of 50 participants from various institutions attended the workshop.

⇒ A state level conference (**Accreditation in nursing education – process and prospects**) was organized at Bishop Benziger College of Nursing, on 5th and 6th May 2017. Dr. V K C Nair (Vice Chancellor, KUHS) inaugurated the function. Eminent speakers from



different colleges and our selected faculty members were the resource persons. Around 50 delegates (administrative officers and faculty members from various Nursing colleges of Kerala) attended the event.

⇒ Mrs. Nisha John [(2010-2012 M.Sc. Batch), Tutor Bishop Benziger College of Nursing], Mrs. Joyce Yesudas John [(2010-2012 M.Sc. Batch), Asst. Professor Bishop Benziger College of Nursing] and Mrs Betsy K Jayims [(2011-2013 M.Sc. Batch), Tutor, Bishop Benziger College of Nursing] did a poster presentation on **“Empowering Excellence in Quality Care”** at Sivagiri Narayana Medical Mission, Varkala on 27/05/2017. They awarded First and Second Prize for the presentation.

PUBLICATIONS

Our management gave financial support for motivating the faculty members and students for the research activities and publications.

- **Department of psychiatry**

⇒ Anoop K R, Anand S, Amal James, Anu S Gosh (2012-2014 M.Sc. Batch), Tincy Gerald (2004-2008 B.Sc. Batch) Published paper on **Co-relation between emotional Quotient and academic performance among second year B.Sc Nursing Students.** International Journal for Research in Ayurveda and pharmacy nov-dec2016;7(6):110-4

- **Department of Obstetrics and Gynaecological Nursing**

⇒ Nisha John (2010-2012 M.Sc. Batch) Published paper on **Effectiveness of music therapy on anxiety and pain among mothers during first stage of labour in selected**

hospitals at Kollam. International Journal on Nursing Education, Apr-jun2017;9(2):23-26.

⇒ Elisabeth Serin (2012-2014 M.Sc. Batch) **Effectiveness on interventional package on menopausal symptoms among post-menopausal women.** International Journal on Nursing Education, Apr-jun2017;9(2):66-70.

- **Department of Child Health nursing**

⇒ Mrs. Bhasura Chandrachood, Mrs. Rakhi K Sundar, Mrs. Betsy K Jayims (2011-2013 M.Sc Batch), Mrs. Sony John Published paper on **A Study to assess the stress and coping strategies of mothers of babies admitted in NICU in selected hospitals at Kollam, International Journal of Nursing Care.** International Journal on Nursing Education, Feb2017;9(2):16-19.

- **Department of Community Health Nursing**

⇒ Mrs.Feby Fulgen Published a paper on **Effectiveness of Structured teaching on knowledge of high school children regarding prevention of sexual abuse.** International Journal on Nursing Education, Apr-jun2017;9(2):61-65

⇒ Mrs. Mekha K Gopinath published a paper on **Effect of video assisted teaching on knowledge and attitude regarding prevention and early detection of cervical cancer among house wives.** International Journal on Nursing Education, Apr-jun2017;9(2):132-37

- **Department of Medical Surgical Nursing**

⇒ Mrs. Athula Mary Jacob, Tutor, published paper on **A study to assess the effectiveness on Yogic Posters on Back Pain among Beedi rolling women in a selected rural area at Mangalore.** International Journal on Nursing Education, Apr-jun2017;9(2):01-05.

⇒ Mrs. Lovelin Morris Fernandez published a paper on **Social Problems and self-esteem among male and female patients with seizure disorders – a comparative study.** International Journal on Nursing Education, Apr-jun2017;9(2):13-18

⇒ Mrs. Jasmine P V published a paper on **Effect of Amla powder on Blood Glucose level among type 2 diabetes mellitus** International Journal on Nursing Education, Apr-jun2017;9(2):160-62.

VOLUNTARY SERVICES BY THE FACULTY MEMBERS

Department of Obstetrics and Gynaecological Nursing

- ⇒ Conducted Health Education on 10/11/2016 regarding Immunization and its Importance at Bishop Benziger Hospital, Kollam in collaboration with Gov. Victoria Hospital, Kollam.
- ⇒ A visit was made to QSSS on 10/12/2016 .27 inmates attended the meeting. Faculty members assessed their health problems and provided clarification of their doubts. Along with that they arranged a Christmas Programme for the inmates.
- ⇒ Obstetrics and gynaecological nursing department planning to start a lactation consultant service in collaboration with Bishop Benziger Hospital, Kollam.

Department of community Health Nursing

- ⇒ They conducted an awareness programme regarding personal hygiene and personality development for the carrier enhancement of students in DON BOSCO Tech. institute Kollam on 16th February 2017.
- ⇒ A joint venture of Bishop Benziger College of Nursing, Community Radio Benziger and National Health Mission, Kollam is initiated during the academic year of 2017, as a part of this, a distance education programme is planned for **community health promoter certificate** course through Community Radio Benziger.

Department of Child Health Nursing

- ⇒ A visit was made to Anjanam Children's Home under QSSS at Sankthikulangara, Kollam on 30/06/2017. And conducted a health awareness programme for the children.
- ⇒ Mrs. Betsy K Jayims [(2011-2013 M.Sc Batch) Tutor, Bishop Benziger College of Nursing, Kollam] conducted a premarital counselling session (consultancy service) on child care at Bishop Catalany centre, Kollam. And also she participated as a volunteer in Pulse Polio Immunization programme - 2017.

VOICE OF NIGHTINGALE RADIO CLUB



AWARDS

Best Teacher award

- ♦ Mrs. Lovelin Morris Fernandez
Tutor, Medical Surgical Nursing Department
Bishop Benziger College of Nursing, Kollam



Post Graduate

- ♦ Mrs. Sreeja S (Academic First)
- ♦ Mrs Saritha Mohan (Academic Second)

Graduates

- ♦ Ms. Angel Marry J N (Best outgoing and Academic Second)
- ♦ Ms. Stephy Raj (Academic First)

Alumni Awards

- ♦ Mrs Sreeja
- ♦ Ms. Angel Marry J N



ALUMNI MEMBERS NEWS

As per the available data many of our alumni members got placement in various prestigious hospitals around the world



MARRIAGES

- ⇒ Khaleel U (2006-2010 B.Sc Batch)
- ⇒ Shajahan T (2012-2014 M.Sc. Batch)
- ⇒ Benson Baby (2004-2008 B.Sc Batch)
- ⇒ Aswathy Yohannan (2010-2014 B.Sc Batch)
- ⇒ Bency Christopher (2007-2011 B.Sc. Batch)
- ⇒ Rima Bensily (2007-2011 B.Sc Batch)
- ⇒ Jisha S (2007-2011 B.Sc Batch)
- ⇒ Anju Francis (2007-2011 B.Sc Batch)
- ⇒ Liji Andrews (2007-2011 B.Sc Batch)
- ⇒ Greeshma G S (2012-2016 B.Sc. Batch)ss
- ⇒ Annie Benoy (2012-2016 B.Sc. Batch)

KEEPING IN TOUCH

Do keep in touch and update us on your personal development via post or e-mail to the alumni id bbconalumni2014@gmail.com. Also we request you to take up the alumni feedback survey form from college website. Due to inconvenience in getting information about all alumni members, we were not able to include all the alumni details. We are planning to conduct general body meeting in the month of December in every year. We welcome all our alumni members to participate in the meeting.

Kindly contact us for further information

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Get together of First Batch B.Sc. Students



