

Jaya Jaya Sankara

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Hara Hara Sankara



*With the blessings of*  
Sri Sankara Bhagavadpadacharya  
Paramparagatha Moolamnaya Sarvajnapeta  
Sri Kanchi Kamakoti Peetadhipathi

**Jagadguru**  
**Sri Sankara Vijayendra Saraswathi Sankaracharya Swamigal**

# इशान्करा हरपदव्या

Issue 2

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## SANKARA COLLEGE OF NURSING (WOMEN)

(A Unit of Shri Sankara Kripa Educational & Medical Trust)  
(Affiliated to the TamilNadu Dr.M.G.R. Medical University, Chennai)

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|| Sri Chandramouleeswaraya Nama: ||  
Sri Sankara Bhagavadpadacharya Paramparagatha Moolamnaya Sarvajnapoofa

His Holiness Sri Kanchi Kamakoti Peetadhipathi

## JAGADGURU SRI SANKARACHARYA SWAMIGAL Srimatam Samsthanam

No. 1, Salai Street, Kancheepuram - 631 502, Tamilnadu State, INDIA.



30 - 12 - 2022

ஆசியுரை

சென்ற ஆண்டு தொடங்கப்பட்ட காஞ்சிபுரம் ஸ்ரீசங்கரா செவிலியர் (மகளிர்) கல்லூரி, 2023-2024 கல்வி ஆண்டில் தனது இரண்டாம் ஆண்டு கல்விப் பணிகளை வெற்றிகரமாகத் தொடங்குவது குறித்து மகிழ்ச்சி அடைகிறோம். அது சமயம், செவிலியர் கல்லூரி மாணவிகளுக்குத் தேவையான தொழில் பயிற்சி மற்றும் பணிகள், அனுபவங்கள் பற்றிய பயன் தரும் தகவல்கள் பலவற்றை தமக்குள் பரிமாறிக் கொள்ள வசதியாக, "Sankara Hrudaya" எனும் தலைப்பில், Annual e-Letter, (உள்துறை தகவல் கடிதம்) ஒன்றை தொடங்குவதாகக் கல்லூரி முதல்வர் அறிவித்துள்ளார்கள் என்ற விஷயம் ஸ்ரீஆசார்ய ஸ்வாமிகளிடம் சமர்ப்பிக்கப்பட்டது.

அவர்கள் மிகுந்த கருணையுடனும் மகிழ்சியுடனும், மனித நேயத்துடன் சகிய மருத்துவப் பணி மகத்தானது எனில், அன்பு கொண்டு இன் முகத்துடனும் தாய்மைப் பண்புடனும் செய்யத்தக்க பணி, செவிலியர் பணி பரமேஸ்வரன் கருணை மிகுந்து தானே தாயுமாகி, கருவுற்றிருந்த பெண்ணுக்கு பேறு காலத்தில், "மருத்துவம்" பார்த்த சரித்திரத்தின் மூலம் செவிலியர் பணியின் மேன்மையை நாம் உணரலாம். அத்தகைய பணிகளை சேவையாக மேற்கொள்ள பயிற்சியுடன் சகிய கல்வி மட்டும் போதாது. ஆகையால், காலத்தின் தேவையாக, செவிலியர் கல்வியில் ஏற்பட்டுள்ள முன்னேற்றங்கள், அனுபவ உரைகள் ஆகியனவற்றை கருத்துப் பறிமாற்றம் செய்து கொள்ள இது போன்ற உள்துறை e-Letter மிகவும் பயனுள்ளதாக இருக்கும். நவீன வசதிகளைப் பயன்படுத்தி காலத்தின் தேவையினை அனுசரித்து இக்கல்லூரி மாணவிகளுக்கும் ஆசிரியர்களுக்கும், கல்வி மற்றும் தகவல்கள் அளிப்பதுடன், பொது மக்களுக்கும் சிறப்பான சேவைகள் அளித்து, Nursing கல்விப் பணியில் இக்கல்லூரி மேன் மேலும் வளர்ந்திட, ஸ்ரீகாஞ்சி காமகோடி பீடாதிபதி ஜகத்குரு சங்கராசார்ய பூஜ்யஸ்ரீ சங்கர விஜயேந்தர சரஸ்வதி ஸ்வாமிகள் அவர்களாகிய ஸ்ரீமஹாஸன்னிதானம் அவர்கள் ஸ்ரீமஹாத்ரிபுரகந்தரி சமேத ஸ்ரீசந்த்ரமௌலீஸ்வர ஸ்வாமி க்ருபா கடாசஹத்தைப் ப்ரார்த்தித்து, கல்லூரி முதல்வர், நிர்வாகத்தினர் மற்றும் பயிலும் மாணவிகளை ஆசீர்வதித்தார்கள் என்ற விஷயம் தங்களுக்குத் தெரிவிக்கலான கார்யம்.

யாத்ராஸ்தானம் விசாகபட்டினம்  
சாங்கர சம்வத்சரம்: 2531



ஐக்கல்வூரி பூஜ்யஸ்ரீ சங்கர விஜயேந்திர சரஸ்வதி சங்கராச்சார்ய ஸ்வாமிகளின் அனுசரிக்கத்துடன் காஞ்சிபுரத்தில் சங்கரா செவிலியர் கல்லூரி (மகளிர்) 2021-22ம் ஆண்டில் துவங்கப்பட்டது.



## அருளாசி

ஐக்கல்வூரி உங்களுக்கு சிறந்த கல்வி அறிவையும், பயிற்சி திறனையும் அளிக்கும். இதன் மூலம் நீங்கள் புதிய தொழில் நுட்பங்களை தெரிந்து கொண்டு மனித நேய பயிற்சிகளை அறிந்து கொள்ள வேண்டும். தொழில்நுட்ப அறிவு, சமயோஜித புத்தி அறிந்து கொண்டு செவிலியர் சேவையை பொறுமையாகவும், பொறுப்பாகவும் அயராது சோர்வில்லாது ஒரு முகத்தன்மையோடு, காருண்யத்தோடு பொதுமக்களுக்கு சேவை செய்ய வேண்டும். உங்களது உழைப்பு, திறமை, பக்குவம் இம் மூன்று செயல்களையும் ஒருங்கிணைந்து செயல்படுத்த வேண்டும். நீங்கள் பொது மக்களுக்கும், மருத்துவர்களுக்கும் இணைப்பு பாலமாக இருக்க வேண்டும். உங்களுடைய வாழ்க்கையில் சில சமயம் கஷ்டங்கள், நஷ்டங்கள் ஏற்பட்டாலும் அதையும் பொறுத்துக்கொண்டு நோயாளிகளை ஸ்வஸ்தப் படுத்துவதிலே மிகவும் கவனமாக இருக்க வேண்டும். இத்துறையில் வேலை வாய்ப்புகள் பல வகையில் உள்ளன. அந்த வேலை வாய்ப்புகளை சரியாகவும் கவனமாகவும் உபயோகப்படுத்திக் கொண்டு உங்கள் குடும்பத்திற்கும், ஸ்தாபனத்திற்கும் பெருமைசேர்க்க வேண்டும். உங்களுடைய வாழ்க்கையிலே அருளும் பொருளும் கூடி அழகான காஞ்சியில் புகழாக வாழ்ந்திடும் அன்னை காமாட்சி அருளை பெற்று வளமாக வாழ்ந்திட ஆசீர்வதிக்கிறோம்.

ஐய ஐய சங்கர... ஹர ஹர சங்கர...

பூஜ்யஸ்ரீ சங்கராச்சார்ய ஸ்வாமிகள் 10.03.2022 அன்று ஓரிக்கையில் முதலாம் ஆண்டு மாணவிகளுக்கு வழங்கிய ஆசியுரை.

## Message from Managing Trustee

It is a matter of great pride that Sankara College of Nursing (Women) is launching the second edition of “Sankara Hrudaya”. The students of the College have done very well under the able leadership of the Principal and the effective guidance of the Faculties and staff. The College has admitted the third batch of students and it gives me immense pleasure to see the enthusiasm of the young students participating in every activity, be it academic or social.



As I have said before, Nurses make up the majority in the healthcare industry and are essential to providing quality treatment to the patients. India's healthcare sector is in need of qualified nurses who are not only technically sound but also have specialised skills in various fields and are up to date on the most recent medical technology. Overall there are 1,200 institutions in India providing various levels of education in health, including certificate courses, diplomas, undergraduate and post-graduate courses with the duration ranging from 1 year for some diploma courses to 5 years for a regular undergraduate course. In spite of the large number of Institutions offering the courses, the demand for skilled nurses continues to be high

It is in this context that the role and relevance of Sankara College of Nursing (Women) becomes important. The Institution, setup on the directions of His Holiness, the Sankaracharya of Sri Kanchi Kamakoti Peetam, to provide qualitative training to deserving women seeking a career in Healthcare, meets and exceeds every requirement to deliver value. The College has an excellent in-house faculty of highly competent and qualified teaching staff who are committed and excited to be part of the journey to produce outstanding graduates. It is affiliated with Sankara Multispeciality Hospital, a 100-bed modern, well equipped hospital providing yeoman service to the population in and around Kanchipuram. In addition, we have MOUs with the Government Hospital at Kanchipuram and numerous other Private Hospitals. The trainees are thus assured an outstanding opportunity to become fully trained in all aspects of Nursing both from a theoretical and practical perspective.

In addition to the training, the College also offers opportunities to the trainees to excel in co-curricular activities thus offering a conducive environment for wholesome growth. Our students have done very well in numerous inter-collegiate competitions and have brought laurels to the Institution by winning prizes across both Academic and socio-cultural events

It is with pleasure that I extend my greetings to the Principal, staff and students of Sankara College of Nursing (Women) as they launch the second issue of their Newsletter, “Sankara Hrudaya”. This is yet another step in encouraging the participation of the students in co-curricular and extra-curricular activities in addition to sharing matters of curricular interest. My best wishes for the success of the new

**S. Visvanathan**, IRSEE-Retd.  
Managing Trustee





# ABOUT US

With the abundant blessings from Jagadguru Pujyasri Sankara Vijayendra Saraswathi Sankaracharya Swamigal, Sri Sankara Kripa Educational and Medical Trust started Sankara College of Nursing (Women) in the year 2021. Since then the college has flourished under the motto of **“Humility, Humanity, and Honesty”**. Sankara College of Nursing (Women) offers 4 Years B.Sc. Nursing Course for women with an aim to provide comprehensive nursing education and skill. This Institution has been approved by Government of Tamil Nadu, Recognized by Tamil Nadu Nurses and Midwives Council, Chennai and Affiliated with The TamilNadu Dr. M.G.R Medical University, Chennai.

College has spacious class room, well-equipped laboratories like Fundamentals & Medical Surgical Nursing, Community Health Nursing, Maternal & Child Health Nursing, Nutrition, Pre-Clinical Science, Computer Science and A.V.Aids Lab. The college library has large number of advanced books which provide facilities to the student to do their references and research work. Apart from the Academic proficiency, the aim of developing the cultural and sports talents for our students by giving them ample facilities and opportunities to develop the students holistically. Well experienced and totally committed faculty members bestow their personal care and attention on the overall development of our students. Faculty updates their knowledge on contemporary teaching learning techniques by attending faculty development programs and various conferences & workshops.

The college is attached to the Sankara Multi Speciality Hospital, which has 101 beds located at Enathur, Konerikuppam, Kanchipuram for providing clinical experience for the students. The Hospital is well known Health Center in the Southern part of India. The Hospital provides round the clock medical attention, Maternity, Surgery, Heart & Lung Care, Dental, Eye care, ENT, Lab facility, X-ray, ECG, Physiotherapy, ICCU & independent rooms at a subsidized cost. This Hospital has also been extending emergency care for cardiac patients and dialysis facilities for patients with kidney disorders under TamilNadu Chief Minister's Comprehensive Health Insurance Scheme.

# EDITORS NOTE



*Greetings!*

It is with immense pleasure and honour, on behalf of Sankara College of Nursing (Women), A Unit of Shri Sankara Kripa Educational and Medical Trust, to announce the releasing of our second Newsletter “**Sankara Hrudaya**”. This e-Newsletter is intended to be published annually. This is just a small step towards our long journey.



This e - Newsletter was one such cherished work that had its roots in the persuasion. It would be a snapshot of the various activities happened in the year 2023 and testimony of all curricular, co-curricular and extracurricular activities of our students and faculty in Sankara College of Nursing (Women). I sincerely hope that this edition makes an interesting read.

I would like to extend my sincere thanks to our Managing Trustee Sri S.Visvanathan, IRSEE, Retd for his everlasting support and guidance. I extend my thanks to all faculty, administrative officer and office bearers. The editorial board accepts suggestions and comments to improve the quality of e-Newsletter.

"Coming together is a beginning; keeping together is progress; working together is success; so, the Management, Principal, Faculty, Staffs & Students unite together to lead successful journey.

## EDITORIAL MEMBERS

**Prof. Dr. A.Rathiga**, Principal

**Ms. A. Bragannayagi**, Assistant Professor





# Academic Inauguration

2023 - 2024 BATCH

The academic session of our 3<sup>rd</sup> batch of B.Sc. Nursing Programme was inaugurated on 27.09.2023 with the gracious presence of Dr. Padmaja, M.B.B.S., DGO., MRCOG, Lakshmi Hospital, Kanchipuram, our Managing Trustee Sri S.Visvanathan, IRSEE, Retd, Ms.P.Vijayalekshmi CEO of our Sankara Group of Hospitals, Prof.Dr.A.Rathiga, Principal and Prof.M.Kanchana, Vice Principal of Sankara College of Nursing (Women). The parents, students and sankara family members participated. Chief guest address was given by Dr.Padmaja, M.B.B.S., DGO., MRCOG, Lakshmi Hospital, Kanchipuram. She explained about the importance, scopes, values and benefits of choosing nursing course as well as nursing carrier. Our Managing trustee Sri S.Visvanathan, IRSEE (Retd) congratulated the new bunch of faces for enrolling in such a novel profession of nursing and for choosing a prestigious Institute of Sankara College of Nursing (Women) and he blessed the students for their bright future.



# Curriculum Planning and Implementation

## Students Induction Programme 2023-2024 Batch

**S**tudents Induction Program help students to adjust and feel comfortable in the new environment, inculcate in them the ethos and culture of our institution and help them to build bonds with other students and faculty members. An induction Programme was conducted for our III batch (2023 – 2024) of B.Sc. Nursing students from 03.10.2023 to 05.10.2023 with the intention to orient the students on curriculum, institutional policies, ethos of the institution. Prof. Dr. A. Rathiga highlighted code of conduct, scholarship opportunities, anti-ragging policies, rules about no harassment in college campus. Students were oriented on Library, Academic Block and our Parent Hospital. Prof. M. Kanchana taught about the curriculum, course of instruction, scheme of examination and rules & regulations of course and informed about the mentor activities. Students learnt about Nursing Accreditation & recognition Body activities like INC, TNNMC, TN Dr.MGR Medical University, and TNAI & SNAI. Ms.Priya Lecturer taught about professional skills and conducted various mind blowing games on application of professional skills like Communication, Leadership, Team work and Time Management. Students participated enthusiastically and expressed that the induction programme helped the student to understand about nursing curriculum.

## Class Room Teaching & Lab

**S**ankara College of Nursing (Women) has well ventilated classrooms with comfortable seating arrangements. Each classroom is equipped with whiteboard, OHP and LCD projector.



## NURSING FOUNDATION LAB

The Nursing foundation lab is equipped as per the norms to provide hands on training for the students to develop their skill in integrating theory and practice, demonstration and re-demonstrations of various nursing procedures. This facilitates students to acquire the necessary knowledge, skill and attitude in the actual clinical settings.

## NUTRITION LAB

Nutrition lab facilitates learning by providing the models and equipment to develop skills regarding preparation of nutritious diet for patients. Our college has state of art nutrition lab with all modern amenities for teaching therapeutic diet for the patients. Students get excellent training in nutrition and dietetics during their course of studies.







## COMMUNITY HEALTH NURSING LAB

This Lab is equipped with necessary equipments like community bags, family planning kits, health education charts, flannel graphs, family folders and puppets to enhance student's skill. Students utilize this lab to learn and practice home visit to provide health related services at individual's home in the community area.



## MATERNAL & CHILD HEALTH NURSING LAB

This Lab is well equipped with Birthing simulators, obstetric Mannequins, original pelvis, fetal skull, various obstetrical instruments and Newborn Mannequin etc., to help the students acquire knowledge & skill in patient care that are to be practiced in clinical settings.

## PRECLINICAL SCIENCE LAB

Pre-clinical science lab is designed to help the students to develop an understanding of the human anatomy (skeleton), various specimens, & different microscopes, models & charts. Our lab is equipped with real bones, skeleton, human torso anatomy model etc.

## COMPUTER LAB

We have a spacious computer lab equipped with adequate number of computers as per the norms with continuous internet connectivity. Students are encouraged to utilize it to the maximum for their academic related activities.



## AUDIO VISUAL AIDS LAB

This lab plays a significant role to support the teaching-learning activities for the students. This lab has the latest equipment's like LCD Projector, computer, laptop, TV, OHP, DVD player, Camera, tape recorder, charts, models and posters etc.

## Experiential Learning

Provision of quality health care services for all is a global health priority. Achievement of this goal is dependent on the competency of Nurses. Experiential learning is one of the educational models to improve the competency of Nurses. Nursing students in Sankara College of Nursing (Women) obtain their experiential learning from various hospitals.

**Sankara Multispeciality Hospital,  
Konnerikuppam, Kanchipuram (Parent Hospital)  
Government Head Quarters Hospital, Kanchipuram  
BP Jain Hospital, Pammal**

## ONE DAY OBSERVATIONAL VISIT

### MILK PLANT

Based on curriculum requirement our students went to Hatsun Agro Product Ltd on 23.06.2023. Students obtained first-hand exposure of how milk is processed, prepared and packed. This educational visit intended to give information regarding methods of





preparation of various milk products, pasteurization, preservation of nutrients of milk products and dietary values of different milk products. This field trip to milk plant helped the students in the practical understanding of the concepts of nutrition.

### SEWAGE TREATMENT AND WATER PURIFICATION PLANT

As part of the curriculum, 2<sup>nd</sup> year B.Sc. Nursing students studying 'Community Health Nursing' went for one day educational observational visit to Sewage Treatment Plant of Chennai Metropolitan Water Supply and Sewage Board (CMWSSB) on August 28<sup>th</sup>, 2023. The purpose of the visit was to familiarize the students with the procedure of Sewage treatment and reuse as well as water purification. The facilitator, explained all the details and benefits of the Sewage Treatment Plant. During the visit, students became familiar with the working principle and functions of various units of treatment plant. The visit was quite helpful for the students to get the practical knowledge regarding, functioning and process of waste water treatment and water purification plant.



### COMMUNICABLE DISEASES HOSPITAL, PUBLIC HEALTH DEPARTMENT, GREATER CHENNAI CORPORATION

As part of the curriculum, 2<sup>nd</sup> year B.Sc. Nursing students studying 'Community Health Nursing' went for one day educational observational visit to Communicable Disease Hospital, Public Health Department, Thondiarpet on 19.07.2023. Our students learned about how to assess and evaluate the isolation protocol and methods to prevent transmission of diseases.





## V. PARTICIPATORY LEARNING

### COOKING DEMONSTRATION

Inculcation of the Nutrition Subject in nursing curriculum to assist the students to obtain knowledge for maintenance of optimum health, calculation of balance diet for different categories of people and its application for practice of nursing.

Participatory cooking demonstration is a unique and effective way to teach nutritional concepts and basic cooking skills among nursing students. Under the guidance of qualified teacher I<sup>st</sup> year B.Sc. Nursing students learnt to prepare nutritional diet for various vulnerable people. Cooking demonstration is a blended methodology to teach the students about how to convey the nutritional information through cooking. Cooking demonstration was planned from 28.08.2023 to 30.08.2023. Students were divided into different group and various therapeutic diets like Iron rich diet, Balanced Diet, Renal Diet, Cardiac Diet, Diet for patient with hypertension, Diabetic Diet were assigned to them. Students showed their full involvement and enthusiasm.



### INNOVATIVE TEACHING

Innovative nursing education is needed to prepare a qualified nurse to meet the transition in health care environment. Sankara College of Nursing (Women) lays emphasis to inculcate innovative teaching like exhibition, role play, symposium, simulation, panel discussion, Sociometric Exercises and various games. Students were provided with various brainstorming assignments and projects that simulate their learning. Each student actively participated and learnt different methodology of learning.



### CURRICULUM EVALUATION

In accordance with the Indian Nursing Council Curriculum, Students are evaluated on a continuous basis through innovative and reformed techniques such as internal exam, assignments, analytical tests and practical's. Accordingly, remedial classes and other techniques are used to support learners with different abilities and pace. Students with advanced needs are encouraged to participate in more challenging tasks. All students are encouraged to participate in inter-college competitions to optimize their potential.



## PARENTS TEACHER MEETING

To create common platform for the teacher and parents interaction, we organize Biannual Parent's Teacher Meeting for each batches. Academic performance, attendance and discipline of the respective students were discussed with the parents in the presence of the mentors.



## VI. HEALTH DAYS OF THE YEAR

### WORLD TOOTHACHE DAY

A Study found that the occurrence and impact of toothache among children is high. The toothache stopped many children eating, sleeping which provoked a dental visit and mostly children miss school. To create awareness we celebrated **"World Tooth Ache Day"** on February 9<sup>th</sup> 2023, our II<sup>nd</sup> Year B.Sc. Nursing student's conducted **"PUPPET SHOW"** in SSKV Primary School, Kanchipuram. The child enthralled the tiny tots as they watched their favorable characters come alive. The puppet show not only entertained little hearts but also motivated them to protect the teeth, dental hygiene. The whole awareness programme was undoubtedly, a visual treat for all children. On the same day, our Sankara Multi Speciality Hospital health team members conducted a dental and eye camp to screen the child for dental and eye problems. A total of 234 students got benefitted.



### INTERNATIONAL LEPROSY DAY

On 13.02.2023 our I<sup>st</sup> & II<sup>nd</sup> year nursing students participated in Leprosy Awareness Rally on the occasion of world Leprosy day 29<sup>th</sup> January 2023. Students, Faculty and other staff members were taken the pledge for leprosy eradication. Flagging off an awareness rally by Dr.M.Aarthi, IAS, Collector, Kanchipuram District. Our students were energetically participated in creating awareness to the public through rally. The honorable collector appreciated the work of the students and advised them to take their efforts to reach more people and we can end this disease only through awareness.



### WORLD KIDNEY DAY

The World Kidney Day was celebrated on 13.03.2023 in Sankara College of Nursing (Women). The theme was **"Kidney health for all – preparing for the unexpected, supporting the vulnerable"**. Chief Guest was Dr. R.P. Senthilkumar, M.B.B.S, M.D, in Nephrology. CNE session was started with Prayer song and welcome address. The presenter highlighted the theme, importance of celebrating kidney day, kidney functions, renal calculi, chronic





kidney disease, hemodialysis and peritoneal dialysis through PPT presentation. Students were participated in competition. It was a wonderful session and students gained adequate knowledge through CNE session.

## WORLD HEALTH DAY

Nurses are the backbone of any health system and key to the achievement of universal health coverage. They play a critical role in health promotion, disease prevention and the delivery of care in all settings. With the theme of **“Health for All”** we celebrated “World Health Day” on 07.04.2023 by



organizing speech competition, poster competition and role play. The Chief Guest for the event was Ms.K.Anuradha, Nursing Officer, Indhra Gandhi Government General Hospital & Post graduate Institute, Pudhucherry. The programme

started with welcome address and Chief Guest was honored by Prof.Dr.A.Rathiga. The presenter gave encouraging examples from her own life and inspired students to be self-motivator. She motivated students to teach the public about how to tackle the health challenges of today and tomorrow.

## WORLD NO TOBACCO DAY

On 07.07.2023 World No Tobacco Day was celebrated in our college. The theme was **“We Need Food, Not Tobacco”** Chief Guest was Dr.S.Sriram, District Consultant, Tobacco Control cell, Deputy Director of Health Services, Kanchipuram. He spoke about the Health effect and consequences of Tobacco, role of educator, National Tobacco Control Program, Tobacco free zone in Educational institution and also the COTPA act. Students were participated in poster competition and won prizes. At the end of the program, students took the pledge regarding No Tobacco usage.



## WORLD ORGAN DONATION DAY

We observed world organ donation day on 11.08.2023 with the theme of **“Step up to volunteer; need more organ donors to fill the lacunae”**. Chief Guest was Ms. Arshiyafathima & Mrs. Kavithaaneesh from MOHAN foundation, Chennai. They explained about the protocols, procedures, do's & dont's in organ donation. Vote of thanks was given by Ms.Sowndharya.



## EYE DONATION FORTNIGHT-25<sup>TH</sup> AUGUST TO 8<sup>TH</sup> SEP. 2023

The eye donation week started from August 25<sup>th</sup> to September 8<sup>th</sup> 2023. On 30.08.2023 our B.Sc. Nursing (I & II Year) participated in eye donation fortnight rally from Government Headquarters Hospital Kanchipuram to Market road. In rally they highlighted the importance of eye donation through slogan. The programme was headed by Dr.R.Anandhalakshmi, M.S. (Opthal), District Program Manager, District Blindness Control Society, Kanchipuram highlighted the importance eye donation and corneal transplantation. Speech, Poster and Kavithai Competition were conducted in the theme of **“Donate Eyes – Restore Sight, Relieve Again”**. Our students actively participated and won I & II prizes in each competition.

In Sankara Multi specialty Hospital, (Enathur) we celebrated Eye Donation Week on 02.09.2023. Human Chain was performed by our B.Sc. Nursing students, DMLT students along with Ms.P.Vijayalekshmi, CEO, Sankara group of hospital, Principal, teaching staff, staff nurse and administrative staffs. The programme was started at 10.00 am with our prayer song followed by Thamizh Thai Vazthu. Welcome Address was Given By Prof.M.Kanchana. Our Principal Prof.Dr.A.Rathiga Mam Honoured the Chief Guest Dr.R.Aanandhalakshmi, M.B.B.S, MS. (Opthal), District Programe Manager, District Blindness Control Society, from Government Headquarters Hospital(Kanchipuram). She Highlighted the Importance of eye donation and Ms.Jayapriya, MS Optometrist explained the donation of the eye. Students were participated in Speech, Slogan,

Rangoli competition and skit about the Eye Donation and won prizes. The Programme was ended at 12.00 pm with National Anthem.

On 05.09.2023 our I B.Sc. Nursing students participated in Human Chain programme organized by Dr. Agarwal Eye Hospital. The programme was started at 9 a.m. Ms.M.Mahalakshmi, B.E. MBA Kanchipuram Mayor waved the flag for human chain. Our students highlighted the importance of eye donation through slogan. Students actively participated.







## WORLD POPULATION DAY

On 25.08.2023 world population day was celebrated in Sankara College of Nursing (Women). The programme was officially started with prayer song. Welcome address was given by Prof.M.Kanchana. Chief Guest was Dr.T.Arulmozhi, M.B.B.S, Civil Surgeon & Mr. Jaya Sundhar, Non-Medical officer explained about the importance of population control. Speech competition was conducted and students won prizes and certificates. At the end of the programme students and faculty took pledge regarding population control.

## WORLD RABBIES DAY

On the occasion of “World Rabies day” with the theme of the year 2023 is “All for One, One Health for All” we organized Continuing Nursing Education on 28.09.2023. Mr.Manivarma, M.Sc., PGDPHE, District Malaria officer taught about do’s and don’ts after dog bite. Dr.S.Jeevanandam, MBBS, DLO, MS(ED)., District chairman of Indian Red Cross Society, Kanchipuram district taught how to prevent rabies. Dr.S.Manoharan, MBBS.DA (DNB), President of Indian Medical Association, Kanchipuram District taught about first aid management after dog bite. Mr.V.Palanivelan, Pharmacist, Rabies Vaccine and Treatment. At the end of the programme team members conducted Quiz programme for our students, Distributed valuable books for the Winners. The programme ended with National Anthem.



## IMMUNIZATION AWARENESS PROGRAMME

“Mission Indradhanush” was launched by the Ministry of Health and Family Welfare. It is a special catch-up campaign under the Universal Immunization Program (UIP), to vaccinate all the children and pregnant women left out or dropped out from

Routine Immunization. Deputy Director of Health Services, Kanchipuram, organized Immunization awareness Rally on 06.10.2023. Second Year B.Sc. Nursing Students Participated in rally to create awareness among the public. At the beginning of Rally Ms.Abitha, Maternal Health Officer, DDHS highlighted the importance of “Indhradhanush Programme” after that Dr.Priyaraj, MBBS, Deputy Director of Health Services, Kanchipuram waved the flag and symbolically started the rally. The rally begins in DDHS with students chanted slogans related to vaccination.



## GLOBAL HAND WASHING DAY

The 2023 Global Hand washing Day theme is **“Clean hands are within reach”** and serves as a platform for educating people, particularly children, about the importance of hand hygiene along with how to wash their hands properly. Our I Year B.Sc. Nursing students organized Hand washing awareness programme among primary school children of Suburayan Mudhaliyar Primary School on 13.10.2023. As part of this programme students performed a **“Hand washing Dance”** to teach the children about handwashing. In just 20 seconds they can properly wash their palms, nails, fingers and wrists. Students were given speech about benefits of hand washing with soap. In total, 75 children got benefitted through this awareness programme.

## WORLD DIABETIC DAY

As the number of people with diabetes continues to rise across the world, the role of nurses becomes increasingly important in managing the impact of the condition. On 18.11.2023 “World Diabetic Day” was celebrated in Government Headquarters Hospital, Kanchipuram & Sankara Multispecialty Hospital, Enathur. The theme was **“Access to diabetes care”**. Second Year B.Sc. Nursing students educated the public regarding diabetic mellitus and dealt in detail about control and prevention of Diabetes through poster. They also demonstrated about the diabetic foot care. Students participated effectively and inculcate their knowledge to patients regarding diabetic mellitus. Students demonstrated the diabetic foot care and exhibited about diabetic diet.







## EVENTS ORGANIZED

### LAMP LIGHTING & OATH TAKING CEREMONY

The lamp lighting is an auspicious occasion which formally recognizes the Novice Nursing students entry into the nursing profession. Light symbolizes knowledge, wisdom and compassion. The oath taken by every nursing professional signifies the discharge of their duties with complete honesty, integrity and without any discrimination. The lamp lighting ceremony for our 2<sup>nd</sup> batch of B.Sc. (N) was held on 27<sup>th</sup> January 2023 at Multipurpose Hall of Sankara College of Nursing (Women). Dr.K. Hemamalini, Principal, Hindu Mission College of Nursing, Chennai was the Chief Guest of the ceremony. She spoke on the roles and responsibilities of student nurses towards nursing profession and encouraged them for doing quality nursing care towards the patients. She encouraged and motivated the novice student nurses to develop good attitude towards profession. Mr. Padmanaban, Advocate, gave presidential address. The programme continued with passing the light and Florence Nightingale oath was administered by Prof.Dr.A.Rathiga, Principal followed by melodious soothing dedication song sung by our budding nursing students.



### INTERNATIONAL WOMEN'S DAY

The International Women's Day was celebrated on 8th March, 2023 in the theme of **"Digit ALL: Innovation and technology for gender equality"**. The theme portrays bringing women into technology which results in more creative solutions and has greater potential for innovations that meet women's needs and promote gender equality. The chief guest of the event was Ms.Kasthuri, MA.,B.Ed., Principal of DAV School, Sunguvarchathiram. She emphasized on empowerment



and importance of women in every aspects of life. Welcome Dance performed by Ms.Shamini and oration was given by Ms.Manimozhi of I Year B.Sc. Nursing Students. Students were enthusiastically participated in the Debate.



## MOTIVATIONAL SPEECH

Self discipline is one of the key factors in everyone's life. In today's fast paced life, self discipline is crucial for success. On 13<sup>th</sup> September, Dr.Ardhanari, MD (Psychiatry), Associate Professor , Meenakshi Medical College and Research Institute delivered a talk on self discipline with many inspirational stories. He delightfully cited that **"discipline is the link between goals and success"**. He also spoke about discipline as one of the key elements of our life. A student can only be successful if she strictly lives healthy and disciplined life. Besides, the discipline also helps us in many ways. It motivates the person around



us to be disciplined. Above all, discipline helps the individual to achieve the success that she wants in life.

## FRESHER'S DAY

We organized Fresher's Day for our III (2023-2024) Batch students on 20.10.2023. The purpose of Fresher's Party is to welcome new students in a friendly atmosphere and to encourage their creative impulses to boost their confidence. The new students got chance to prove their talents. Small games were organized to make the function more enjoyable. The event was finally concluded with vote of thanks. Refreshments were served after the program.



## SNA ACTIVITIES

### FIRST ANNUAL SPORTS & CULTURAL MEET

The Student Nurses Association (SNA) was established in Sankara College of Nursing (Women). SNA office bearers were elected in different position. On behalf of SNA activities we organized our 1<sup>st</sup> Sports and cultural meet –**VARSHIK UTSAV-2K23** On 5th, 6th, 7th & 8th January 2023. The sports event was inaugurated by Dr. K. R. Venkatesan, M.A., M.Phil., Ph.D.,P.G.D.J.M.C. He rendered special address during sports inaugural session. Prof.Dr.A.Rathiga, Principal inaugurated cultural event. Our I Year & II Year B.Sc. Nursing students participated in the various sports and cultural events organized by Student Nurses Association.







## ANNUAL DAY

We celebrated our Annual Day of Varshik Utsav 2K23 on 12.01.2023. The programme commenced with lighting of Kuthuvilaku by the dignitaries. The occasion was graced by Dr.K.Lakshmi, M.Pharm, Dean Chettinad School of Pharmaceutical Sciences, Ms.Malathy Balakrishnan, Academic Director, Sankara Group of Education Institution, Managing Trustee Sri.S.Visvanathan, IRSEE (Retd), Wg Cdr V.Shankar (Retd), Trustee & Executive Director, Ms.P.Vijayalekshmi, CEO Sankara group of Hospitals. Prof.M.Kanchana, Vice Principal welcomed the gathering. Annual report was presented by Principal Prof.Dr.A.Rathiga. Our 1<sup>st</sup> e-News letter of “**Sankara Hrudaya**” was released by Dignitaries. Dr.K.Lakshmi encouraged the students by her enlightening words. She emphasized students on moral education. A prize distribution ceremony was conducted to felicitate and recognize the talent of students in various fields like Cultural and Sports etc., Finally the vote of thanks was delivered by Ms.Bragannayagi. Students were enjoyed the cultural events. The program ended with National Anthem.



## HEALTH AND WELLNESS

### YOGA DAY

On 20.06.2023 international yoga day was celebrated in our college. The programme started with prayer song. The theme was “**Our Earth, Our Family, and Our Future**”. Welcome address was given by Ms.Leelavathi, Nursing Tutor. The chief guest was Mr.B.Subash, Yoga Consultant, Pranavam Yoga Shala, Kanchipuram. He demonstrated the simple yoga like Vajrasana, Pranayama, Tapasana. He also instructed the students about the process and uses of meditation. Students actively performed yoga.



### DESIYAMUM- DEIVIGAMUM

Patriotism is important for students as it helps to shape their moral and spiritual upbringing, making them good, brave, patient, and self-aware individuals. In order to know about our national achievements Sankara College of Nursing (Women) decided to inculcate the patriotism to every nursing students. Every month 3<sup>rd</sup> Wednesday the Presenter Mr. B. Prakash B.Com, ICWA (Inter) Business Secretary, RSS gave motivational and inspirational Talk in the name of “Desiyamum - Deivigamum” he will explain clearly about our nation achievements and inspirational stories to the students to know more about our nation. Students enthusiastically participated.





## Students Corner

### AV AIDS EXHIBITION



board, Overhead Projector, Television, PowerPoint and LCD projector. Students took efforts and hidden talents in bringing out a well – organized exhibition on instructional media.

### TOUR-MGM DIZZEE WORLD



Tours play an essential part in the holistic development of a student. We organized tour for this academic year. The students of both I & II B.Sc. Nursing were given opportunity to take part in this tour. On 08.07.2023 & 15.07.2023, we visited MGM Dizzee World. Students enjoyed all the rides. It was a wonderful and joyful experience for the students.

### OUT REACH PROGRAMME

Outreach programs sensitize students towards their duties and responsibilities within the society and community. It also serves the citizenship training goal of education through the development of various skills like soft skills, leadership skills, and team-building skills. As per the curriculum requirement Sankara College of Nursing (Women) in collaboration with Sankara Multispecialty Hospital organized various outreach programme to students to improve their clinical skills & community participation. Students of both I & II B.Sc. Nursing participated in various camps like general, dental, eye check-up and diabetic camp in various places.



On 01.07.2023 blood donation camp was conducted in Lotus foot Wear Company near Mankadu, SIPCOT. The programme was organized by Government Headquarters Hospital, Kanchipuram with the theme of





**“Give Blood Give Plasma Share Life Share Often.”** Our B.Sc. Nursing I year (2022 – 2023 Batch) students participated. The students checked the vital signs and collected blood sample from the volunteers along with staff nurse. The students participated effectively.

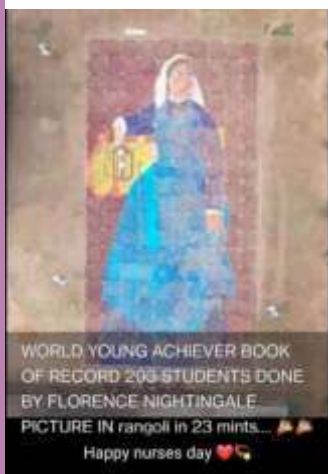


## STUDENTS ACHIEVEMENTS INTERNATIONAL WOMEN’S DAY

Our students participated in inter Collegiate Competition **“Kuzhali 23 Gunangalin Sirpam”** which was held on 7<sup>th</sup> & 8<sup>th</sup> March 2023. The Event was conducted by Jeppiaar Institute of Technology. Overall 15 colleges and 5 schools participated in this event. We are proud to share that our college students won prizes in all competitions. Our students won the overall championship prize.



## INTERNATIONAL NURSES DAY



TNAI-TN Branch conducted a Young Achievers world Record by doing 203 feet Lady with a Lamp image by 203 students in 23 minutes in MAC College of Nursing. Our students also participated in World young achiever record.

## SNA - ZONAL LEVEL COMPETITION

Trained Nurses Association of India, TamilNadu State branch & SNAI conducted the TamilNadu 30<sup>th</sup> SNAI Biennial Conference in the theme of **“Empowering Nursing Students: Prospects and Challenges.”** They conducted various competition in zonal, state and national level. The Zonal & State level competition was conducted on 06.07.2023 in Karpaga Vinayaga College of Nursing. Our students participated in various competitions like Poster Competition, Essay competition, Extempore, On spot painting, Pencil sketching, Rangoli, Mono acting, Dance, Face painting, Hair dressing, Mehendi, Comedy time, Vegetable carving & Glazy Pot. Our student Ms.Srimathi. M, I B.Sc. Nursing won 3rd prize for glazy Pot in zonal level competition. Ms.Narmadha.M, Ms.Vijayalakshmi. K, from II B.Sc. Nursing & Ms. Monika. M from I B.Sc. Nursing won 1st prize for Poster Competition in zonal to state level.



## ACADEMIC ACHIEVEMENTS

Sankara College of Nursing (Women) cherishes pinnacle of success and proudly presents our most distinguished student Ms.K.Scheral (2021 Batch), K.Manimozhi & V.Priyadharshini (2022 Batch) for being ranked Class first in The Tamil Nadu Dr. MGR Medical University Examination.

## CELEBRATION

Joyous Celebration of festivals and cultural days in academic institutions promote student's social interaction as well as break the monotony of routine and offer opportunity to reenergize the body, mind and spirit. These days provide platform for students to exhibit their talents, socio cultural variety amongst student's community. Thus, with objective in mind,



### PONGAL CELEBRATION

On 13.01.2023 celebrated the traditional occasion of pongal celebration in our college. The students were adorned with traditional dresses. An earthen pot was placed on the fire with traditional fanfare. Students prepared the sweet pongal and chanted "**Pongalo Pongal**" and distributed to all in the college. The students enthusiastically participated in all events of pongal and enjoyed well.



### GANESH CHATURTHI

On 15<sup>th</sup> September 2023 our college celebrated "**Ganesh Chaturthi**" with full enthusiasm. The Prayer started in the presence of Principal, Faculty, Staffs and Students. The multi talented students sang the Vinayagar devotional songs, dance and orated about Lord Ganesh story. Finally **delicious Prasad** was distributed to all.



### SARASWATHI POOJA

On October 20<sup>th</sup> 2023 we celebrated Saraswathi Pooja. All the teachers and students gathered at the college premises to celebrate the day. Pooja was offered to the Goddess of

Learning. Both the faculty and students joined hands together, with great zeal to make the event a memorable one, also evoking the blessing of the goddess of knowledge to have a successful academic and career growth by performing '**Saraswathi Bhajan**'. The event ended by serving Prasad to everyone present.







## INDEPENDENCE DAY

Sankara College of Nursing (Women) celebrated 77<sup>th</sup> Independence Day on 14.08.2023 as per MGR University theme **“Mahakavi Bharathiar & National Freedom Movements”**. Prof.Dr.A.Rathiga, Principal highlighted the importance of celebrating Independence Day. The students participated in singing, Essay writing & Poetry competition and won prizes. Finally students sang National Anthem.



## JAYANTHI CELEBRATION

We celebrated the auspicious occasion of his holiness Pujyashri Sankara Vijayendra Saraswathi Sankaracharya Swamigal Jayanthi on 16.02.2023, Jagadguru Shri Chandrasekharendra Saraswati Maha Swamigal Jayanthi on 03.06.2023, Jagadguru Sri Jayendra Saraswati



Shankaracharya Swamigal Jayanthi on 03.07.2023 in our Multipurpose Hall. Prof.Dr.A.Rathiga, Principal, Sankara College of Nursing (Women) highlighted the utmost importance of celebrating the jagadguru jayanthi. The students sang the “Maithreem Bhajatha” song. The auspicious occasion concluded with Arathi and floral offerings to jagadguru by members of Sankara College of Nursing (Women) and students. At last we distributed the “Laddu” as holy prasadam from his holiness.

## MANAGEMENT SPONSORSHIP FOR FACULTY TRAINING

***“Success is making a positive difference to other people, especially seeing others grow, succeed and thrive as a result of own small contribution.”***

It's our privilege & gratitude that our management, sponsored Rs. 20000 for training of each faculty. Four faculty participated in **“Training of Trainers: Nursing Leaders in Simulation”** to update the knowledge on simulation which was conducted by TNNMC & Apollo Simulation Centre. We would like to thank the management for trusting and showing faith in us. We assure that we will put all our skills and talents to good use and do great work. We are genuinely proud to be led by such a management.





## SEER VARISAI

Management organised “Marriage Seer Varisai” to Ms.Bragannayagi.A for her marriage. It consists of adequate materials to run the family. The sankara family members gave this to her as a marriage gift.



## BHOOMI PUJA

The Bhoomi Puja for the construction of our college buildings was performed on the auspicious day of 27<sup>th</sup> July 2023. With the blessings of Pujiyasri Jagadguru Sri Sankara Vijayendra Saraswathi Swamigal, Our Managing Trustee Sri S.Visvanathan, IRSEE, (Retd)& Trustee members laid the foundation stone for the construction of our new building. The solemn occasion was graced by members of the sankara family. The college campus is nestled with enriching environment to foster young minds and guide them into becoming lifelong learners and ethically and morally responsible citizens. It's expected that the college building would be ready by August 2024







# FACULTY DEVELOPMENT

## Conference / Workshop / Seminar Attended

Date	Name of the faculty	Conference title
27 to 31 March 2023	Prof.Dr.A.Rathiga	Faculty Development Program on "Patents, Funding and Publications"
24.04.2023 to 26.04.2023	Prof.Dr.A.Rathiga, Prof.M.Kanchana, A.Bragannayagi, S.Priya	Training of Trainers: "Nursing Leaders in Simulation"
07.06.2023	B. Sowndharya	National level conference on "Catalytic perspective on different spectrum in nursing practice"
07.09.2023	R.Roja	State level Workshop on " Envisioned Path of Single Digit NMR & SBR by 2030"
28 & 29.10.2023	Prof.Dr.A.Rathiga	Certificate Course on Evidence Based Practice
31.10.2023	M. Dalce Sumo	State level conference- CNE on Bio-ethics
23.11.2023	A. Lakshmi	State level seminar-Digital change in health care `reduce work load

## SNA Office Bearers

POSITION	NAME
<b>SNA ADVISOR</b>	<b>Ms.A.Bragannayagi, Assistant Professor</b>
<b>President</b>	<b>Scheral. K</b>
<b>Vice President</b>	<b>Gomathi. K</b>
<b>Secretary</b>	<b>Dharshini. MB</b>
<b>Treasurer</b>	<b>Kalaiselvi. N, Shalini Kumar, Jayapriya. R</b>
<b>Sports Co4mmittee</b>	<b>Gopika. G, Chitra. A,Hemalatha. S, Keerthana. N</b>
<b>Cultural Committee</b>	<b>Sindhuja. R, Gayathri. S, Monika. A</b>
<b>Editorial Committee</b>	<b>Jayapradha. S, Caroline Lea. TA, Thamaraiselvi. E</b>
<b>Disciplinary Committee</b>	<b>Nishanthi. S,Bhuvaneshwari. S, Iswarya. S,Lekhashree. D, Abitha. S</b>

