

25.03.2021 CANCER AWARENESS CLASS

Cancer awareness class was organized by Cochin Cancer Society for all staff of MBCN and MBSON by Karkinos – a purpose driven technology led oncology platform. It was organized as a part of outreach venture of KARKINOS at MBMM hospital. Dr.Sunitha, Advisor of Cancer Care in Ernakulam Dist., lead the awareness session. Madam spoke on prevalence of cancer, causes, RF, prevention and management. The importance of screening tests was elaborated and most of the staff of MBCN registered for the screening camp at MBMM hospital.

Motivation class for students

Motivation is not only importance in its own right; it is also an important predictor of learning and achievement. Students, who are motivated to learn exhibit higher quality effort, learn more deeply and perform better in classes. In the light of this, a motivational session was arranged for 3rd year students of MBCN. Mrs.Rathi Narayanan, Resource Person is a Resource Journalist, TV reporter and PhD person scholar of Kerala Sanskrit University. Madam spoke on how one can achieve success in life and career and provided students some beneficial tips to improve studies and develop self esteem. After the session the students felt much benefited with such a good time.

MBCN staff continuing their vaccination duty

Covid-19 vaccine drive in India is gaining momentum teaching staff of MBCN are continuing duty as vaccination officer in vaccination centre of MBMM hospital, Kothamangalam. Currently the target group comprises senior citizens.

Second alumni meeting of MBCN was conducted in the month of March

Second alumni meeting of MBCN was conducted online this month. The meeting was well attended by alumni backing from India and abroad. Office bearers and executive committee members were elected. Decisions were also taken regarding membership, activities of Alumni Association etc.

Nature club activities

Nature club is continuing pursuits as gardening vegetable garden and growing medicinal plants. Fruit bearing trees are also planted which have started yielding fruits now. All the trees in the campus are given name boards which help students identify them easily.



New teaching staff appointed at MBCN

Four new teaching staff joined MBCN the month of March. Mrs. Preethi P. Joy, Mrs. Jinet Maria George, Mrs.Sherin Kuriakose and Ms.Somy John have started working in FON, CHN and Medical Surgical Nursing Departments respectively.

A course on teaching technology was conducted at MBCN.

A short term course on teaching technology, conducted by life tech solution. The course by 2 faculty members, our Principal Dr. Selliamma Kuruvila and Mrs. Jisha P. Mohammed, Asst. Professor, Mental Health Nursing Department. They have successfully completed this course which comprised Zoom, Google meet, Google form, Google class room, Ments Meter, Render forest, Kahoot, PPS mandmaster. They are planning to share their knowledge with the MBCN staff.

Research study was published by department of Research and Education and Administration

Dissertation of research results is vital for nursing profession because when nurse stay abreast of new evidence as their field, they can spread that new knowledge thus ensure high quality and most effective care. Department of Research Education and Administration of MBCN published a study which assessed knowledge of undergraduate nursing students regarding covid-19. The study is published in "International Journal of Immunological Nursing", volume 7, issue 1 2021. Other studies include,

- * A study to assess the physical and psychological impact among caregivers of covid 19 patients in selected hospital.
- * A study to assess the stress and coping strategies of online teachers during covid 19 among nursing teachers of selected nursing college of Ernakulam district.
- * A study to assess the knowledge regarding covid 19 among undergraduate nursing students in selected college.
- * A phenomenological study of lived experience of covid 19 patients in Ernakulam district.
- * A study to assess the knowledge attitude and practice among adolescent girls regarding prevention of U.T.I in selected schools of Kothamangalm.
- * An article was published by our beloved Principal, Mrs.Selliama Kuruvila on "Lived experiences of covid 19 patients."

05.06.2021 ENVIRONMENTAL DAY

"REIMAGINE,RECREATE,RESTORE" the key theme of this year celebration our students from 1st year Bsc nursing has presented a digital poster on this theme.It also serve as the "PEOPLES DAY" for doing something positive for the environment



07.06.2021 INTERNATIONAL YOGA DAY

"Today when the entire world is fighting against Covid 19 pandemic, yoga has become a ray of hope" said by Narendra Modi ,Prime Minister of India , inaugurating the international yoga day.2nd year Bsc nursing students came up with posters and drawings.A tutorial on ASANAS was demonstrated by Miss Catherine of 2nd year Bsc nursing.



21.06.2021 EXAMS CONDUCTED WITH COVID PROTOCOL

Final year Bsc nursing exam was conducted from 21-28 of June following the Covid protocol. Exam was conducted following the instructions given by Kerala University of Health Science with respect to the conduct of theory and practical examinations.

24.06.2021 NATIONAL PEDIATRIC NURSING CONFERENCE

National pediatric nursing conference was hosted by CMC Vellore on 24,25th of June .The theme was "INNOVATIONS AND ADVANCES IN PEDIATRIC NURSING: GATEWAY FOR QUALITY CARE". Mrs. Priya lecturer of child health nursing was invited to a virtual conference.

28.06.2021-30.06.2021 OSCE ORIENTATION

OSCE exam for 4th year Bsc nursing is being scheduled from 5th July to 8th July.OSCE orientation is being provided to students on these days under guidance of respected teachers.All the preparations for OSCE exams has been made by the college following the instructions given by university safeguarding all Covid 19 protocols.



MBCN BITS AND BYTES reflects the face of Mar Baselious College Of Nursing.It is a glance of activities of 2021.Thanks to God almightywho always guide us in the right path.We submit this in the name of our Patron "ELDHO MAR BASELIOUS BAWA"

NEWS LETTER

MAR BASELIOUS COLLEGE OF NURSING

KOTHAMANGALAM



MBCN BITS AND BYTES

JANUARY –JUNE ,2021



From

Principal's Desk....

MBCN is one of the worldclass institutions for Bsc nursing in India, spread in the 4 acre campus in the blessed land of Kothamangalam, promoting the brilliant students as world's best nsg professionals with a hand to serve everyone. As you know we are passing through an unprecedented situation, the rapid spread of covid poses a serious threat to human health and is impacting severely on public health and economic system worldwide. I know that many of our nurses are in PPE's working without adequate rest and recuperation. There are a number of concerns related to patients and significant others, our own safety, the allocation of scarce resources and the changing nature of nurses relationship.

Yet another year of vibrant activities is ahead of us, as we turn back to the year passed we could witness a handful of commendable achievements. I appreciate the efforts and hardwork of all the members of our MBCN team in bringing out the newsletter 'MBCN Bits And Bites 2021'. I extend my greetings and best wishes to all.....



14.01.2021 COVID VACCINE ZOOM TRAINING

It was a privilege for our MBCN family that all the teaching staff attended Covid Vaccine training through zoom meeting organized by Kerala State Health Department. Resource persons were Block MO, HS, LHS, and LHI etc. All details regarding covid vaccine and vaccination procedure was discussed in detail in the zoom session.



26.01.2021 REPUBLIC DAY CELEBRATION



As a headback to red letter day in history of India, the victory of breaking shackles of slavery, the new constitution of free india was enacted and we celebrated 72nd Republic Day by hoisting National Flag by MBMM Association Secretary Adv. C.I. Baby. The Board Members, all staff and students attended the ceremony. Students performed patriotic song and speech on the occasion. Sweets were also distributed.

30.01.2021 COVID 19 VACCINATION

It was a privilege for our MBCN family that our teaching staff of Mar Baselios College of Nursing functioned as vaccination officers 2 & 3 at the covid vaccination centre of Mar Baselios Medical Mission Hospital after undergoing vaccination training. It is planned to take up responsibility of VO by each teaching staff by in turn.

An unprecedented combination of political will, global collaboration and funding have enabled the rapid development of Covid 19 vaccines, without compromising vaccine safety. All students except newly admitted first year students and all staff received covid vaccine from vaccination centre of MBMM Hospital



31.01.2021 PULSE POLIO IMMUNISATION

Worldwide immunisation campaign facilitates the large scale distribution of Pulse Polio Vaccination our students of 4th year participated in Pulse Polio Immunization programme of Thaluk hospital Kothamangalam. Each student was sent to one centre along with Health Workers. They gave 2 drops of polio vaccine to children who turned up. Corona protocol was strictly followed in each centre. They attended programme from 8 to 5 pm.



02.02.2021 OBSERVATION OF WORLD CANCER DAY

An interhouse quiz competition was organized by SNA and Mar Baselios College of Nursing on 04.02.2021 as a part of observation of World Cancer Day. It was in collaboration with the Indian Academy of Paediatrics. There were a total of 4 groups. The fourth group was declared the winner of the quiz competition. Overall the inter house quiz competition was a huge triumph.



01.02.2021 : Formation of new department for Research, Education and Administration "REA"

Vision

The Research vision of Mar Baselios College of Nursing is to become a leading hub for innovative and collaborative Research that transforms nursing science through knowledge and scientific discoveries. We envision a world in which, education positively contributes to each person's ability to reach their potential in acting for society's good and training in administration and management help to develop in students leadership as well as accountability to perform in a manner warranting highest level of professional confidence.



Mission

This institution promotes harmonious collaboration in the conduct, dissemination and utilization of nursing Research which will contribute to the quality patient care and educational outcomes.

We have the mission of protecting and promoting the right of every child to quality, equitable, culture based and complete professional education where students learn in a child friendly, gender sensitive, safe and motivating environment.

We also have the mission to prepare students to plan, organize, direct and control functions and processes of a firm or organization to be successful in a work environment.

04.02.2021 : Poster competition on World Cancer Day

Our III and IV year students of Mar Baselios College of Nursing carved out their excellence in Poster Competition held as part of Observation of World Cancer Day by IAP Malanad Branch of Idukki District in association with College of Nursing and School of Nursing Mar Baselios Medical Mission Hospital.



01.02.2020 : Youtube Channel

We believe everyone deserves to have a voice, and the world is a better place when people listen, share, and build community through stories. We were very happy as we made a stepping stone in this modern era and our MBCN family started new Youtube channel. The Youtube channel is meant for giving the audience more content on Mar Baselios College of Nursing, as a creative outlet for students, means of close personal connection and as a source of revenue.

01.02.2021: Formation of Magazine Committee

Magazine Committee is formed with intention of releasing an e-magazine to invite original articles, research reports, cartoons, short stories, poems etc. from students and staff. The committee consist of Principal, Vice Principal, teaching staff from various departments and student representatives from all batches. The committee will scrutinize and select suitable articles.



11.02.2021 : Education section on behalf of "World Cancer Day"



On behalf of 'World Cancer Day' our College SNA unit along with IAP Idukki District conducted a meeting on Mar Baselios College Auditorium. The Chief Guest of the day was Dr. Biju Chacko, President IAP Idukki District. Dr. Muhammed Hassan, Paediatrician of Mar Baselios Medical Mission Hospital was the Resource Person of the meeting. The Cancer Day message was delivered by Dr. Hassan who discussed regarding cancer and its management. Dr. Biju Chacko delivered a speech on Cancer among Pediatric patients. With regard to this special day we had conducted a Quiz and Poster Competitions and the winners were awarded prizes after the session.

27.01.2021: 2nd CGS meeting

Second meeting of CGS was conducted on 27.01.21. Meeting reviewed the functioning of College in various dimensions amidst covid pandemic threat. Posting of students is going on as divided groups. Social distancing, masking, hand hygiene is followed by students in hospital, College and Hostel. More than half of students and staff got vaccinated. No case of corona has been reported yet. Samithi is satisfied with the corona precautions carried on.

12.02.21 CJS MEETING

Third CJS meeting was on 12.2.21. Meeting as usual reviewed the corona procedures taken in hospital, college and hostel. It is found satisfactory - 100% students and all staff except very few having contraindications got vaccinated. Postings are going on for all batches as divided groups. Teaching staff functioning as VO in vaccine centre MBMM hospital. No corona case has been reported in last CJS meeting.

UNDERSTANDING DEMENTIA By Wicking Dementia Research and Education Center

An online course was organised by Wicking on "UNDERSTANDING DEMENTIA" under university of Tasmania. All the faculty members and 30 students from 4th Bsc Nursing has attended the course.



March - 2021 WEBINAR

Webinars are a very cost effective way to train staff in one or many locations. A webinar was organized by MBCN on "standardization of Research Tool" on 13th March. Resource person was Dr. Kalesh M. Karun, Assistant Professor and in-charge of Division of Biostatistics, MOSC Medical College, Kolenchery. The main objective of webinar to enrich awareness of teachers, Nursing Officers, Research Schoolers and Students regarding research tool standardization. The speaker dealt with topics such as, construction of attitude scale, ensuring validity and reliability and KAPPA statistics. The webinar turned out to be a huge success with national and international participation.

24.03.2021 - Quiz competition was conducted as part of observation of World TB Day

A quiz competition was conducted for students on World TB day. It was conducted in the Kahoot platform, which is a game based learning platform. At II, III and IV year students participated in the quiz programme. The winners were Anu S. Karimangulam (4th year), Ashna Abbas (2nd year) and Anju Mathew (2nd year). It was a quite interesting and novel experience for all.