

# THIRUHRUDAYA

## COLLEGE OF NURSING

SH Medical Centre , Poovanthuruthu , Kottayam

Recognized by Indian Nursing Council, Kerala Nurses and Midwives Council  
Affiliated to Kerala University of Health Sciences



# Thiruhodaya Memoir

VOLUME II  
**Newsletter**  
JULY-DECEMBER2024

ENHANCE, ENABLE, ILLUMNATE

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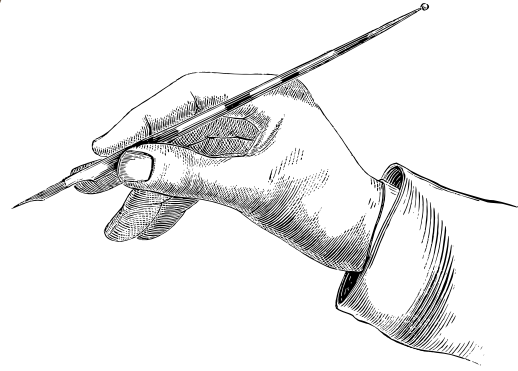
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# PRINCIPAL'S MESSAGE

**Warm Greetings from Thiruhrudaya College of Nursing.**

Welcome to this exclusive edition of our newsletter, Thiruhrudaya Memoir.

I am delighted to be part of this remarkable initiative by Thiruhrudaya College of Nursing as we continue our commitment to excellence in nursing education. Inspired by the vision and dedication of the pioneers who laid the foundation of this esteemed institution, we dedicate ourselves to upholding and enhancing its legacy as a center of excellence since its inception.

With the many positive strides made in recent years, Thiruhrudaya Memoir aims to keep our stakeholders well-informed about the progress and changes within our institution. It serves as a platform to share, celebrate, and strengthen the values and culture of our college. Through this endeavor, we aspire to build stronger bonds with our students, faculty, parents, and alumni by fostering regular and meaningful communication.

This edition of Thiruhrudaya Memoir showcases our aspirations for the future while reflecting on the best of what we have achieved. It offers readers a glimpse into the vibrant activities of the past six months and outlines our plans moving forward.

We take great pride in sharing our unwavering efforts to make Thiruhrudaya College of Nursing a shining example of excellence in nursing education. Through this initiative, we reaffirm our dedication to providing our students with the highest quality education while nurturing compassionate and empathetic professionals who are ready to serve with heart and purpose.

*It is with great enthusiasm that we present to you the second edition of Thiruhrudaya Memoir.....*



PROF.SR.ALICE N C  
PRINCIPAL , TCN

# DEPARTMENTAL ACTIVITIES

## Out Reach Programmes

Dept. Nursing Education

### Educational Visit

TCN organized an educational visit for 6th-semester students to Pushpagiri College of Nursing, Thiruvalla, on July 17

17TH  
JULY



25TH  
JULY



Dept. Community Health Nursing

### Milma -Malanadu Visit

The Department of Community Health Nursing organized a visit to Malandu Industry in Edakkunnam, Kottayam.

Dept. OBG

### World ORS Day

Fourth year BSc. Nursing students of Thiruhodaya conducted an outreach program regarding Prevention and Management of Diarrheal Disease.

29TH  
JULY



# DEPARTMENTAL ACTIVITIES

## Out Reach Programmes

Dept. OBG

### Breast Feeding Week

As part of the observance, the Department of Obstetrics and Gynecology organized the 3rd State-Level Inter-Collegiate Quiz Competition.

3RD  
AUGUST



14TH  
AUGUST

Dept. Nursing Foundations

### Antirragging Week

The antirragging week was organized by conducting several competitions like poster competition, essay writing, slogan writing, selfie stand, awareness class and role play.

SNA & College Union

### Independence Day

TCN celebrated the 78th Independence Day at S.H.Medical Centre Hospital, Kottayam.

15TH  
AUGUST



# DEPARTMENTAL ACTIVITIES

## Out Reach Programmes

Dept. Community Health Nursing

### School Health Programme

The Fifth semester students of Thiruhodaya College of Nursing organized a school health program based on their Community Health Nursing posting on 19th August 2024 at Emmaus Public School, Kaduvakulam, Kottayam.

19TH  
AUGUST



19TH  
AUGUST



Dept. Community Health Nursing

### Old Age Home Viit

6th semester students of TCN got an opportunity to visit old-age home as part of their community health nursing clinical posting.

Dept. Community Health Nursing

### Market Visit

As part of Community Health Nursing posting Fifth Semester students had observation visit to Kottayam Market. The visit enable to learn and understand about the community life and working of market people.

19TH  
AUGUST



# DEPARTMENTAL ACTIVITIES

## Out Reach Programmes

SNA & College Union

### Independence Day -Sports

On Independence Day sports competitions were conducted in Emmaus school ground. The competition includes discuss throw, 100metre race, chess, caroms etc. And the winners were awarded with prizes.

28TH  
AUGUST



3RD  
SEPTEMBER

Dept.Community Health Nursing

### Educational Visit

As part of 5th semester BSc.Nursing field visit,they got the opportunity to visit District Tuberculosis centre & Communicable disease Hospital, Kottayam. The visit aimed to gain insight into the hospital operations, treatment protocols and challenges to managing infectious diseases.



4TH  
SEPTEMBER

Dept.Mental Health Nursing

### Educational Visit

As a part of Sixth semester Mental Health Nursing, they got a chance to visit Total Response to Alcohol and Drug Abuse(TRADA) on 4th September 2024.guided by Mr. Thomas Tomy Councillor of TRADA. Through this visit the students got the knowledge regarding the therapies and treatment modalities for Alcoholism.



# DEPARTMENTAL ACTIVITIES

## Out Reach Programmes

Dept.OBG

10TH  
SEPTEMBER

### Awareness Programme

An awareness program was conducted in TCN regarding the Prevention of Human Papilloma Virus which is mainly spread through the improper usage of sanitary pad. The problems can be sort out with the introduction of newly formed pad “Care and Safe”.



11TH  
SEPTEMBER

Dept. Nursing Foundations

### Antirragging Month Closing

TCN celebrated the Closing day of the Anti-Ragging, it was a successful event aimed at reinforcing the importance of a safe and respectful educational environment. Adv.Mrs.Asha inaugurated the function.



13TH  
SEPTEMBER

### Nutrition Day

TCN celebrated the Nutrition fest in the College Nutrition lab .The program was named as “SWADISH”. Each group had prepared some of the recipe ,included the means for display.





# DEPARTMENTAL ACTIVITIES

## Out Reach Programmes

Dept. Medical Surgical Nursing

### Educational Visit

4th semester BSc. Nursing students of TCN conducted an observation visit to Oncology Department of Caritas Hospital Kottayam on 21st September 2024.

21ST  
SEPTEMBER



Dept. Medical Surgical Nursing

### World Heart Day

Medical Surgical Nursing Department and 4th Semester BSc Nursing Students of TCN organized by the World Heart Day. Theme revealing and inauguration was performed by Sr. Jesline Mary SH, Vice principal of Thiruhrudaya College of Nursing.

28TH  
SEPTEMBER



Dept. Community Health Nursing

### Panachikkad Grama Panchayath Visit

Fourth year BSc. Nursing students of TCN conducted an observation visit to Panachikkadu Grama Panchayath based on their Community Health Nursing posting. The visit was conducted on 7th October 2024. The overall working and functioning of the Panchayath was described by Mrs. Annie Maman, Panchayath President..

7TH  
OCTOBER



# DEPARTMENTAL ACTIVITIES

## Out Reach Programmes

Dept. Community Health Nursing

### Educational Visit

As a part of Fourth year BSc. Nursing, Community Health Nursing posting, they got a chance to visit the District TB & AIDS Centre, Kottayam.

8TH  
OCTOBER



Dept. OBG

### Adolescent Program

A School Health Program was organized by Obstetrics & Gynaecological Nursing Department and 4th year BSc Nursing Students at Emmaus Public School, Kottayam. On the topic “Pubertal Changes Among Early Adolescents”. This is a structured teaching program and were 103 students participated in the class.

8TH  
OCTOBER



Dept. Community & Mental Health Nursing

### Mental Health Day

Mental Health Day was organized by the departments of Mental Health Nursing and Community Health Nursing along with 4th year BSc. Nursing students and in collaboration with SH. Medical Centre Hospital Kottayam. It was showcased with flash mob and theme play.

10TH  
OCTOBER



# DEPARTMENTAL ACTIVITIES

## Out Reach Programmes

Dept. Community Health Nursing

### Rural Health Visit

Fourth year BSc. Nursing students conducted a visit to Chaithanya pastoral centre, Kottayam as part of their community health nursing posting. Students got knowledge about institute in the rural area.

19TH  
OCTOBER



27TH  
OCTOBER



### Swatcha Bharath

TCN and Panachikkadu Gramapanchayat together organized to celebrate Swatch Bharat, an initiative of Government of Kerala. It includes “Clean Campus” program in which all the students of college had taken part. Pledge was taken by the faculty and students. Poster competition and quiz competitions was conducted for students.

Dept. Community Health Nursing

### Breast Cancer Awareness Month

Fourth year BSc. Nursing students conducted an awareness program regarding the prevention of Breast Cancer. The program was conducted at Community Health Centre, Kurichy. The students conducted a roleplay and demonstrate breast self examination using a simulator.

29TH  
OCTOBER



# DEPARTMENTAL ACTIVITIES

## Out Reach Programmes

Dept.Child Health Nursing

### Children's Day

The Children's Day was celebrated by 6th Semester students at S.H. Medical Centre Hospital, Kottayam.

9TH  
NOVEMBER



14TH  
NOVEMBER

Dept.Medical Surgical Nursing

### Diabetic Day @ SHMC

Diabetic Day was organized by the department of Medical Surgical Nursing along with 3rd Semester students in collaboration with S.H. Medical Centre Hospital, Kottayam and Kottayam Central Lions Club.



14TH  
NOVEMBER

Dept.Community Health Nursing

### Diabetic Day @ CHC & FHC

The Fourth Year BSc. Nursing Students of TCN conducted an awareness program on World Diabetic Day. The program was conducted at Kurichi Outpost and Nattakom Family Health Centre. It was showcased with energetic flashmob and theme play.



# DEPARTMENTAL ACTIVITIES

## Out Reach Programmes

Dept. Community Health Nursing

### Educational Visit

Department of Community Health Nursing organized a visit for Fourth year BSc Nursing student to Vikas Bhavan special school for physically and mentally challenged.

18TH  
NOVEMBER



Dept. Community Health Nursing

### Industrial Visit

Department of community health nursing organized an observation visit for fourth year Bsc. Nursing students to Alappuzha Coir factory on 20th November 2024.

20TH  
NOVEMBER



Alappuzha, Kerala, India  
F8rc+5g5, Southern Railway, Civil Station Ward, Alappuzha, Kerala  
688012, India

Dept. Community Health Nursing

### School Health Programme

School Health Programme at Gov. VHSS Mariyappally, Nattakom, Kottayam organized by Fourth year BSc. Nursing students and Community Health Nursing Department. Activities included Health Exhibition, Eye Screening and BMI Calculation.

21ST  
NOVEMBER



# DEPARTMENTAL ACTIVITIES

## Out Reach Programmes

Dept.Community Health Nursing

### Medical Camp

As a part of Community Health Nursing Department, Fourth Year BSc. Nursing students of TCN conducted a medical camp at Gov. LP School, Poovanthuruthu, Kottayam East in collaboration with SH Medical Centre Hospital, Kottayam. The camp was inaugurated by our beloved Principal Prof. Sr. Alice N.C and Health Exhibition was inaugurated by Sr.Litty Varikkayil , Palliative Care Incharge, SHMC

24TH  
NOVEMBER



28TH  
NOVEMBER

Dept.Community Health Nursing

### Old Age Home Visit

Fourth year Bsc nursing students conducted a visit to Assisi Old age home as part of their Community Health Nursing posting. The students organized enthusiastic programs and game sections. This visit was very useful for students.



Dept.OBG

### Adolescent Program

Fourth Year BSc. Nursing students conducted school health program based on their Obstetrical and Gynecological Nursing on the topic "Pubertal Changes among Early Adolescents". The program was conducted at MD Seminary Higher Secondary School, Kottayam on 29th November 2024.

29TH  
NOVEMBER



# DEPARTMENTAL ACTIVITIES

## Out Reach Programmes

Dept. Community Health Nursing

### AIDS DAY

The 5th semester BSc. Nursing Students of TCN conducted an awareness program on World AIDS Day. The program was conducted at Family Health Centre, Nattakom. It was showcased with energetic flashmob and skit.

4TH  
DECEMBER



## Hosting Events

3RD  
AUGUST

Dept. OBG

### Inter Collegiate Quiz Competition

As part of the Breast Feeding week observance, the Department of Obstetrics and Gynecology organized the 3rd State Level Inter Collegiate Quiz Competition



Dept. Nursing Education

### Educational Visit

As part of the Nursing Administration institutional visit, 4th-year B.Sc. Nursing students from INE Gandhi Nagar College of Nursing visited our college. Ms. Binju Mary Chacko provided an orientation about the institution.

7TH  
AUGUST



Kottayam, Kerala, India  
GGXP+V29, Poovanthuruthu, Kerala 686004, India  
Lat 9.550461°  
Long 76.534776°  
07/08/24 02:23 PM GMT +05:30

# NEW VENTURES

## New TCN Member

We are thrilled to announce the launch of our very own college bus service at Thiruhrudaya College of Nursing! This initiative marks a significant milestone in our commitment to ensuring the comfort, convenience, and safety of our students.



## Reading Corner

TCN celebrated Reading Week with the inauguration of Reading Corner by our Principal Sr. Alice Maniyangattu S.H.



## Badminton Court

Inauguration of Badminton Court by Fr. Robin Chittuparambil V.C, Principal of Divine Institute of Media Science(DIMS) College, Muringur, Thrissur (Manipal University Volleyball Player)





# Student Support & Guidance Programme

26TH  
SEPTEMBER



## Career Guidance Programme

Career Guidance program was organized for 4th year BSc. Nursing students on 26th September. CanApprove Consultancy Services, Kottayam and Edroots International, Kottayam are the resource team.

28TH  
SEPTEMBER

## Spiritual Development Programme

A spiritual development class organized for 5th semester BSc Nursing students on 28th September. The session taken by Sr.Philo Jose SH. It focuses on fostering personal growth through reflection, meditation, and discussions on values, purpose, and faith.



22ND  
OCTOBER

## Personality development Programme

The personality development programme organized for 1st semester BSc Nursing students. The session conducted by Fr.Robin Chittuparambil (Principal, DIMS). It focuses on key aspects like active listening, verbal and non-verbal communication, and building confidence in interactions.





**"With caring hands and compassionate hearts, you step into the world to heal, nurture, and inspire. Your journey as a nurse begins here—wear your cap with pride and purpose."**

## Fresheres

### COURSE INAUGURATION



**New blooming buds 2024-2028 batch**

# COLLEGE UNION BEARERES 2024



## SNA BEARERES

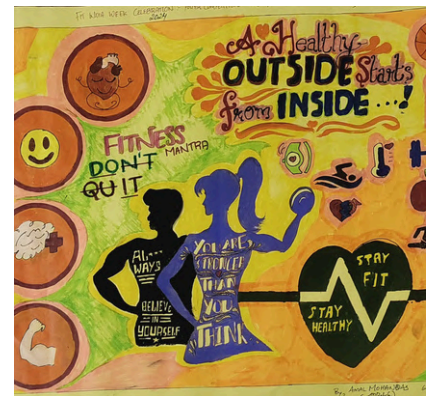


# Arts & Sports

# DEPT. OF PHYSICAL EDUCATION



## FIT INDIA WEEK CELEBRATION



*Congrats!*

# Arts & Sports



**THIRD PRIZE  
MIMICRY- GIRLS  
MS.ANU ANSA BIJU**



**THIRD PRIZE  
MIMICRY- BOYS  
MR.AMAL MOHANDAS**



**THIRD PRIZE  
MONOACT  
MS.ANUMOL SHAJI**



**THIRD PRIZE  
DISCUS THROW  
MR.ABHIJITH P B**



**THIRD PRIZE  
RACE 200MTR  
MS.ADONASEBASTIAN**



**SECOND PRIZE  
ENGLISH ELOCUTION & ENGLISH RECITATION  
MS.DELNA MTHEW**



**SECOND PRIZE  
SNA POSTER PRESENTATION  
MS.ALPHONSA TOMY & MR.EDWIN MONSON**



**THIRD PRIZE  
HEALTH PLAY  
MS.DELNA MATHEW, MS.RINIT SCARIA & MS.SNEHA P JOY**

# CELEBRATION 2K24

## TEACHERS DAY

5TH  
SEPTEMBER



## ONAM

13TH  
SEPTEMBER



# CELEBRATION 2K24

## Birthday's



**Month of August**

**Sr.Alice N C (Principal)  
Ms.Tincy Sebastian  
Ms.Josiya K J  
Sr.Anumary**

**S.Ansa Mathew  
Ms.Josey P Joseph**



**Month of October**

**Ms.Meenu Thomas  
Ms.Cinimol E K**



**Month of November**

**Ms.Akhila Balachandran  
Ms.Shyby Chacko  
Ms.Anisha K Anil  
Mrs.Sonia Johnson**



**Month of December**



# CELEBRATION 2K24

26TH  
JULY



Feast Day celebration of Sr. Ansa Mathew SH, Sr. Anu Mary SH

17TH  
NOVEMBER



Feast Day celebration of Prof. Sr. Alice N C (Principal), Sr. Elsy Toms and Sr. Jaisy Thomas

8TH  
DECEMBER



Feast Day celebration of Prof. Sr. Jeslin Mary SH (Vice Principal)

# CELEBRATION 2K24

13TH DECEMBER

## Christmas Celebration @ Mammen Mappila Hall



# CELEBRATION 2K24

14TH DECEMBER

## College Day & X'mas Celebration 2k24



# BLESSED AND BAPTIZED



**B/O Ms.Aiby Sibi**  
**Lecturer**  
Community Health Nursing



**B/O Ms.Jissa Scaria**  
**Accountant**  
TCN



**B/O Ms.Sony Thomas**  
**Asst.Professor**  
Medical Surgical Nursing



# HIGHLIGHTS 2K24



## ST. JOHN PAUL II MEMORIAL NURSING PROMOTION EXCELLENCE AWARD



## DECENNIAL YEAR INAUGURATION



# TEACHERS DESK

## Newly Joined Staff



**MS.RESMIMOL THOMAS**  
ASSOCIATE PROFESSOR  
Child Health Nursing



**MS.ACHSAH ALPHONSA VARGHESE**  
LECTURER  
Medical Surgical Nursing



**Ms.JOICE K**  
TUTOR CUM CLINICAL INSTRUCTOR



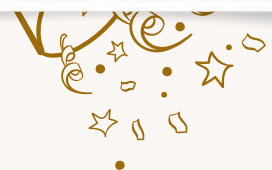
**Ms.ANUPAMA S. MADHU**  
TUTOR CUM CLINICAL INSTRUCTOR

# Alumni Corner

*Her resilience, dedication, and exceptional commitment to patient care have distinguished her as a newly registered practitioner at the **Liverpool Medical Institution.***



**Ms. Aparna Treesa K**





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ESTABLISHED AS SH SCHOOL OF NURSING IN  
1993

UPGRADED TO THIRUHRUDAYA COLLEGE OF NURSING IN  
2015

COURSE OFFERED BSC.NURSING

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