

BMCON PULSE



Baby Memorial College of Nursing

(A Unit of Baby Memorial Hospital Ltd.)
Kuthiravattom Post, Kozhikode- 673016, Kerala, India
Affiliated to Kerala University of Health Sciences (KUHS), Thrissur
Recognized by Indian Nursing Council, New Delhi and
Kerala Nurses and Midwives Council, Thiruvananthapuram

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BMCON PULSE

Vol. 8 Issue - 2

JULY - DEC 2024

The Journey of Champions.....



CONGRATULATIONS SNA BMCON



XVIII Batch BSc(N)



XIII Batch MSc (N) and XI Batch P.B.BSc.Nursing



BMH ACADEMY DAY



JULY- DEC 2024

BMCON PULSE

BABY MEMORIAL COLLEGE OF NURSING

What's inside

➤ **Graduation ceremony**

➤ **BMH hospital day**

National workshop on Forensic Nursing

Department activities

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PRINCIPAL SPEAKS

It is a privilege to pen a few lines for Baby Memorial College of Nursing (BMCON) "Pulse" as it reflects upon the previous six month's activities and achievements of the college.

The second half of 2024 was quite eventful and rewarding for BMCON. The college got top position in Kerala Institutional Ranking Framework (KIRF). It is gratifying to note that KIRF was started by Govt of Kerala in the lines of National Institutional Ranking Framework (NIRF) and the first ever ranking was done in 2024. A total of 449 universities and colleges participated in the ranking. Out of 29 nursing colleges participated, we got a front line top position. I thank my colleagues, students and staff for the remarkable achievement.

Our 2nd PhD student has completed her thesis work and is awaiting results of the same. Now our responsibilities have increased many fold to maintain the top ranking and to improve upon it to further heights.

The 19th batch of BSc.(N) students (2020 admission) has completed all the academic requirements and is waiting for the university exam January/ February 2025. The new batches of all courses have started in October/ November 2024. Our Gala event in the campus BMH Academy day was celebrated on 12/12/2024 which was a celebration and demonstration of youthful spirits of our students.

With wishes for a bright and happy new year

Prof.(Dr) Roy K George



GRADUATION CEREMONY

The Graduation ceremony 2024 of Baby Memorial College was held on Saturday, July 27th, at the Baby Memorial College Auditorium in Kozhikode. The event marked a significant milestone for the graduating students of various nursing programmes. The ceremony celebrated the achievements of the XIII Batch of M.Sc. Nursing, XVIII Batch of B.Sc. Nursing, XI Batch of P.B.B.Sc. Nursing, and the XXVII Batch of GNM students.

The event was graced by the presence of the esteemed Chief Guest, Dr. Judith Angelitta Noronha, Professor and Dean at Manipal College of Nursing, Mahe, Manipal, Karnataka. In her address, Dr. Noronha congratulated the graduates on their remarkable achievement and emphasized the importance of compassionate care in nursing, urging them to carry forward the values instilled in them during their time at Baby Memorial College. Dr. KG Alexander, Chairman and Managing Director of Baby Memorial Hospital (BMH), presided over the event and shared words of encouragement, highlighting the vital role these new healthcare professionals will play in the community. The Graduation Day 2024 at Baby Memorial College was a momentous occasion, filled with pride and celebration, as the graduates embarked on their next journey in the field of nursing.





**BMCON
SPORTS DAY
2024**

AVENGERS

CHAMPIONS



CHALLENGERS



DEFENDERS



BMH HOSPITAL DAY CELEBRATION

Baby Memorial Hospital celebrated its Hospital Day with great enthusiasm and fervor at BMCON auditorium on 23.11.2024. The celebration was a resounding success, highlighting the hospital's commitment to excellence in healthcare. The event served as a platform to recognize the dedication and hard work of its staff and to reinforce BMH's mission to provide quality healthcare services to the community. The hospital day celebrations featured several competitions including ethnic fashion show (male and female), dance with spot choreography, cake baking competition etc.





NATIONAL WORKSHOP ON FORENSIC NURSING:

NAVIGATING NEW HORIZONS

Baby Memorial College of Nursing, in collaboration with the Trained Nurses Association of India, Kerala State Branch, organized a two-day National Workshop on Forensic Nursing on 20th and 21st, December 2024, at the BMCON Auditorium. The workshop, themed "Forensic Nursing: Navigating New Horizons," brought together experts and practitioners to share knowledge, innovations, and best practices in Forensic Nursing.

The inaugural ceremony marked the official commencement of the workshop. Prof. Pramina Mukkolath, Secretary of the TNAI Kerala State Branch, warmly welcomed the gathering. Prof. Renu Susan Thomas delivered the presidential address, setting the tone for the workshop. The ceremony gained momentum as Prof. Dr. Roy K George, National President of TNAI, inaugurated the function by lighting the lamp. Distinguished guests graced the occasion with their presence and addresses. Dr. Ravindran C, Chief of Medical Services, Baby Memorial Hospital, offered felicitations. The sessions included "Legal Procedures Related to Forensic Practice," by Mr. Geoffrey George Joseph, "History and Development of Forensic Nursing: Global Scenario with Special Reference to India," by Ms. Sujata Parikh, Assistant Professor at the National Forensic Science University (NFSU), Gandhinagar, Gujarat, "Evidence Collection and Preservation," by Dr. Ratheesh P. T; and "Forensic Nursing – Challenges," by Prof. Bindu S.



SECOND SEMESTER B.Sc.NURSING



ASHMIN VK



HAIFA MUHAMMED P



ANN GISILA ROY



SREYA GEORGE



NAFEESA HALIN



NEHA MARIYA



DEVAPRIYA MS



SANIYA HAZIN



ACADEMIC TOPPERS

FIRST YEAR P.B.BSc NURSING



MIDHUNA RAJ K



HISANA O K

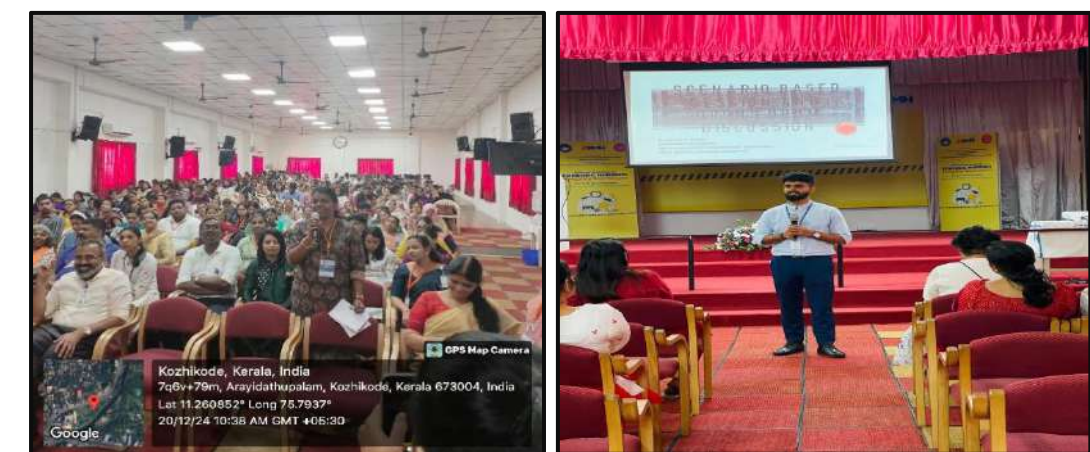
SECOND YEAR P.B.BSc NURSING



ANU ROSE THOMAS V



VEENA SASINDRAN K



Day 2 of the workshop commenced with an engaging session led by Dr. Arjun S. Pillai. Titled "Scenario-Based Sessions and Open Forum Discussion (Forensic Nursing Scenarios)," this interactive session facilitated experiential learning through group work.

The National Workshop on Forensic Nursing was successfully executed, attracting a diverse gathering of delegates comprising faculty members and postgraduate students from various states. The event witnessed participation from over 26 institutions, with 4 institutions represented from outside Kerala. A total of 336 delegates attended the workshop, and the feedback received was overwhelmingly positive. The delegates praised the sessions, with the majority rating them as "excellent." The workshop's success was a testament to the organizers' efforts in providing a valuable learning experience for the participants.



DEPARTMENT ACTIVITIES

DEPARTMENT OF CHILD HEALTH NURSING

Observance of world ORS day

Baby Memorial College of Nursing in collaboration with IAP Kozhikode, observed world ORS day on 09/08/2024 with various activities including skit and awareness session. The programme commenced at 11am on 09.08.2024 in B block, BMH with the skit by Post Basic BSc Nursing students of BMCON, which depicted the importance of Oral Rehydration Therapy in children. The skit was benefited by mothers of admitted children, Nursing Officers and Students.



The skit was followed by an awareness session by Dr. Fathima, Department of Pediatrics, BMH. She revealed the theme and took session on "Oral Rehydration Therapy in Children". It was an interactive session which clarified doubts raised by the mothers and the event received positive feedback from the audience.



6. Onam celebrations

Onam, the harvest festival of Kerala, was celebrated with great enthusiasm and fervor at our college on 13.09.24. The college premises were decorated with colorful flowers, leaves, and traditional Onam decorations. The students and staff came together to create a vibrant and festive atmosphere. The festival promoted unity, harmony, and cultural awareness among the college community.





The food fest had stalls showcasing variety of dishes prepared by both students and staffs, followed by film show at 1:00pm. Dance, music, and other artistic expressions by the students and staffs created a festive atmosphere in the evening which also included musical concert by PAATTOHOLIC and DJ by DJ Ricky and Sinoy Devassi .

5.KUHS inter zone arts 2024

The college union of Baby memorial college of nursing initiated the participation of students in “ Thahrir” Inter zone KUHS arts 2024 held from 17.11.24 to 20.11.24 at Vaidyaratnam Ayurveda College ,Ollur.Students of BMCON participated in various events including folk dance, fancy dress and mime.



DEPARTMENT OF MEDICAL SURGICAL NURSING

1. Observance of world heart day a. Health awareness campaign

As a part of world heart day celebration, department of Medical Surgical Nursing , Community Health Nursing and Obstetrical and Gynecological Nursing of BMCON conducted a health exhibition on cardiac disorders including its prevention and management.



The exhibition was conducted by fourth semester BSc nursing students at Thiruvangoor community health center on 25.09.2024.

b.Walkathone

A walkathone was organized by Baby Memorial College of Nursing in collaboration with Kozhikode Corporation and Heartcare Society on the occasion of World Heart Day on 29/09/2024. Nearly 60 students participated in the walkathone.The event started with an inaugural ceremony organized at the corporation office at 7am , followed by the walkathone.





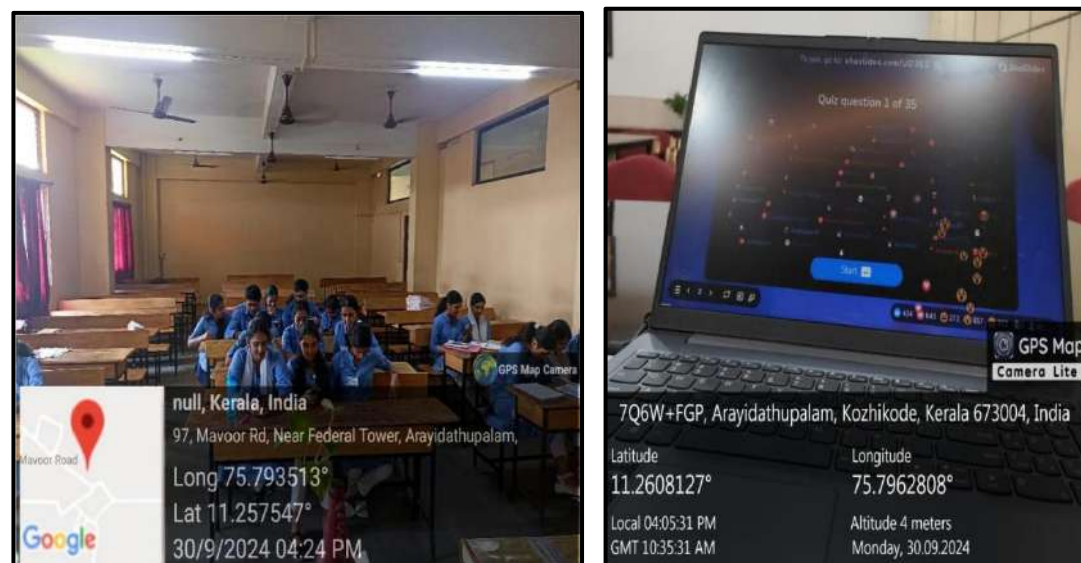
c.Expert talk on innovations in interventional cardiology



An expert talk was organized on 28.09.2024 as a part of world heart day celebration on the topic “Innovations in interventional cardiology” by Dr. Raghuram A Krishnan, Interventional cardiologist, BMH. Dr Raghuram explained about various aspects regarding the innovations in medical management of cardiac disorders. Delegates were given time to clear their doubts at the end of the session.

d.Quiz competition

Heart day Quiz competition was conducted on 30.09.2024 for students of Baby Memorial College of Nursing. Ms. Nikitha Rose Aji (Sixth semester B.Sc nursing – XX batch) secured first prize and Mr. Danish Azeez P T (Sixth semester B.Sc nursing – XX batch) secured the second prize. Cash prizes and certificates of appreciation were given to these students for their excellent performance.



The college union celebrated Teachers Day on 5th September 2024 by gifting the teachers a Polaroid ,a pen and a piece of cake as a token of gratitude for their continuous mentoring and support.

4.Academy day celebration

Academy day, "TARANG 2K24" was celebrated on 12th December 2024 in collaboration with College Union of Allied Medical Science and SNA of School of Nursing. The name "TARANG 2K24" was unveiled by Prof.Dr Roy K George, Academic Director and Principal ,Baby Memorial College of Nursing on 28 November 2024.



The programme began with the inauguration of food fest by Mrs. Gracy Mathai , Chief Executive Officer, Baby Memorial Hospital.



NOTABLE ACHIEVEMENTS

Folk dance – 1st prize A Grade

Mime – 2nd prize A Grade

Fancy dress – 3rd prize A Grade

3. Teacher's day celebration

A teacher is, Life changing inspiration, direction to achieve the goal, Sometimes in dire situations, the support of love, Sometimes sweet words of appreciation and Sometimes a cane on the hand.



2. International diabetes day observance

On 14th November 2024, Health Exhibition and Screening of diabetes mellitus was held at Kotttooli Urban Health and Wellness Centre in connection with observance of International Diabetes Day. The programme, organized by the Department of Medical-Surgical Nursing and Community Health Nursing, in collaboration with the NSS Unit of BMCON, aimed to raise awareness about diabetes prevention and its early detection and management. The community was offered free blood sugar screening and awareness session on healthy lifestyle choices to combat diabetes. The event saw active participation with 50 people screened and several individuals identified for follow-up care.





DEPARTMENT OF OBSTRTRICS AND GYNECOLOGICAL NURSING

1.Observance of breast feeding week

Baby Memorial College of Nursing in collaboration with IAP Kozhikode observed breast feeding week from 1st to 6th August 2024 with various activities such as:

- Cartoon drawing competition
- Expert talk



a.Cartoon drawing competition

The cartoon drawing competition for nursing students was based on the theme “Closing the gap: Breastfeeding support for all”.



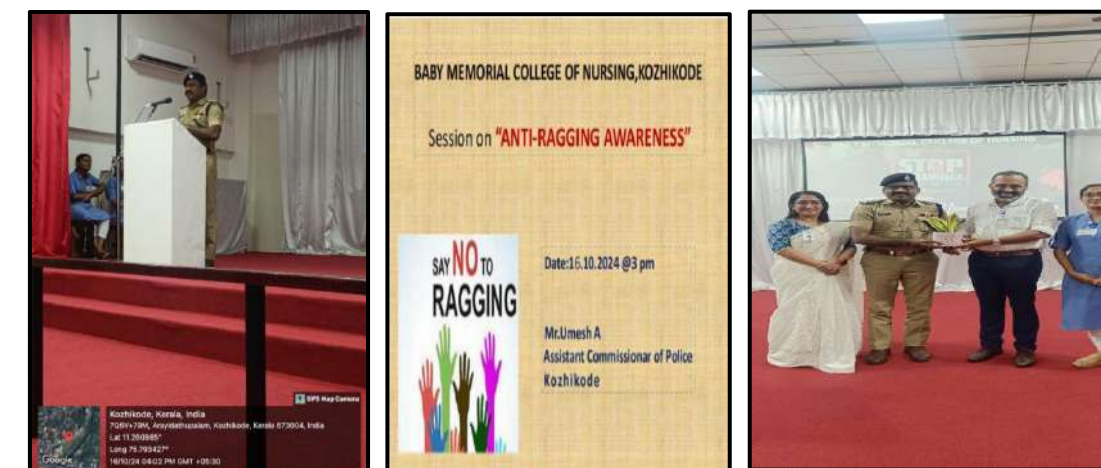
Seven students participated in the cartoon drawing competition. The criteria for judgment were creativity and originality, interpretation and clarity, quality of artistic composition and over all impression of the art. The winners were awarded with cash



COLLEGE UNION ACTIVITIES

1.Anti - ragging awareness seminar

The College Union of Baby Memorial College of Nursing organized an anti-ragging awareness seminar on 16th October 2024 at 3:00 pm in the college auditorium. The event aimed to promote a ragging-free environment and emphasize the importance of maintaining a harmonious and respectful atmosphere within the institution.



Mr. Umesh, Assistant Commissioner of Police, Medical College, Kozhikode, was the chief guest and keynote speaker. He delivered a thought-provoking presentation, highlighting the legal consequences and psychological impact of ragging. Mr. Umesh shared real-life examples and statistics to emphasize the severity of ragging and stressed the importance of mutual respect, empathy, and communication among students.

The audience, comprising of all students, actively participated in the Q&A session. The event provided a platform for students to clarify doubts and understand the institution's stance against ragging.

2.KUHS north zone arts 2024

The college union of Baby Memorial College of Nursing initiated the participation of students in KUHS north zone arts 2024 held from 17.10.24 to 20.10.24 at SIMET college of nursing , UDUMA.The event was a resounding success with students from various colleges showcasing their exceptional talents in music, dance and other art forms.Our students' participation in the event was a testament to their creativity,hard work and dedication.



10.SNA state level arts

SNA state level arts competition, DHANAK 2024 was held on 29th and 30th November 2024 at Renewal centre, Kaloor. Students from our college participated in group dance, mime, mimicry (girls), personality contest (boys), skit, bharathanatyam, fancy dress (girls) and story writing English. Our college secured 1st prize in bharathanatyam, 2nd prize in group dance, mime show and skit and secured 3rd prize in fancy dress (girls) and story writing english.



SNA ACHIEVEMENTS IN 2024

- 2nd Runner up in SNA North West Zonal level athletic meet and games
- Overall championship in educational competitions
- Overall championship in SNA North West Zone arts
- 1st Prize in SNA state level Bharathanatyam
- 2nd prize in SNA state level Group dance, Mime show and skit
- 3rd prize in SNA state level Fancy dress girls and Story writing English.



prizes of Rs 1500/-, Rs 1000/- and Rs. 500/- for first,second and third prize respectively, along with a certificate of appreciation sponsored by IAP Kozhikode.

b.Expert talk

The expert talk for nursing students was organized on 05.08.2024 at BMCON auditorium. The sessions were dealt by Dr. Priya Velayudhan, Assistant Professor, Govt. Medical College, Kozhikode, on “Human milk banking” and by Dr. Shamnad, consultant Neonatologist, BMH on “Feeding in different situations”.



Both the sessions were informative, engaging and thought provoking. The event received positive feedback from the participants.

DEPARTMENT OF MENTAL HEALTH NURSING

1.Visit to ‘Home of Love’ old age home

Sixth semester BSc(N) students and second year PBBSc(N) students of Baby Memorial College of Nursing, Kozhikode visited old age home – ‘Home of Love’, Nethaji Nagar, Kozhikode in the month of October 2024.The visit was arranged for the students for gaining experience in the area of geriatric mental health care.

As part of the visit, students performed a recreational programme for the residents of ‘Home of Love’. The programme was hosted in a lively manner and encouraged the residents to join with the students to express their own talents like singing songs, dancing, mimicry, reciting poetry etc.This was followed by many of the residents eagerly coming forward with their own wonderful renditions of songs.



At the end of the programme, the students handed over a token of help to the old age home in-charge as a gift for the residents. The authorities of the old age home thanked the students and faculty of Baby Memorial College of Nursing for their continued efforts in bringing a smile and light into the lives of the residents of 'Home of Love'. The students left the institution with a deep sense of satisfaction on contributing their efforts in improving the mental health of the elderly residents.

2.Cultural programme at GMHC, Kuthiravattom

BSc(N) students of Baby Memorial College of Nursing, Kozhikode had conducted a cultural programme named 'Kalimutam' at GMHC, Kuthiravattom on 28th September 2024. Students decorated the ward premises creatively making seating arrangements for the inmates and staffs of the hospital. Following this the patients and their families were invited to showcase their talents, to which many showed initiative by singing songs.



8. SNA north west zone games:

- SNA north west zonal games, 'VELOCITA 2024' was conducted on 28th September 2024 at Dr Moopans's Nursing College, Meppadi. Our college secured 1st prize in carroms (girls) and 2nd prize in Throw ball (girls).



2nd Runner up in zonal level sports 2024

- SNA North West Zone athletic meet, 'VELOCITA 2024' was conducted on 30th September 2024 at MK Jinachandran Memorial District Stadium Kalpetta. Our students participated in various events and secured 2nd prize in 100 meter race (girls), 800 meter Race (girls), long jump (girls) and march past, 3rd prize in relay (girls). Our college secured 2nd runner up in the athletic meet. At the end of SNA North West Zone athletic meet and games our college became 2nd Runner up in zonal level sports 2024

9. SNA State level games

SNA State games was held on 28th October 2024 at Cochin Sports Areana, Ernakulam. Our student participated in Carroms (girls) and got first prize. (Ms. Rizana Rahim 6th semester BSc. N)





6. SNA zonal off-stage arts

SNA north west zone off stage arts and educational competitions were conducted on 31st August 2024 at Nirmala College of Nursing, Calicut. The event named ‘ALEGHYA’ saw students from various colleges participating in different off stage items and educational competitions. The students of BMDON secured prizes in health play, scientific paper presentation, pencil sketch, poster presentation, quiz, malayalam essay writing and story writing english.



BMDON secured the overall championship in educational competitions

7. SNA north west zone on-stage arts:

SNAI north west zone on stage arts, ‘KALAI VIZHA 24’ was conducted on 22/11/2024 at EMS Memorial Coperative College of Nursing. Our students participated in various items and secured overall championship in SNA North West Zone arts 2024



BMDON secured the overall championship in Zonal arts competitions



All participants’ efforts were encouraged and appreciated by the students. To make the gathered more active and the programme livelier, the students then organized games like ‘Sundariku pottu thodal’ and ‘Passing the ball’. Most of the patients and some patient relatives joined willingly in the games.

3. World mental health day observance

World Mental Health Day, observed annually on October 10, was celebrated with a focus on this year’s theme, “It is Time to Prioritize Mental Health in the Workplace.” The event aimed to create awareness about the importance of mental well-being at work, promote strategies for maintaining a healthy work environment, and emphasize the need for recreational activities to promote employees’ mental health.

As a part of world mental health day celebration 2024, Dept of mental health nursing, Baby Memorial College of Nursing organized a dance workshop for faculty and administrative staff which was led by Mr. Dhanesh Krishnan, Director, DK Dance company at BMH Academy auditorium on 15.10.2024 at 4.00 pm to 5.00 pm, with a purpose to help participants unwind and engage in a relaxed and creative activity.



The session was successful in engaging employees, raising awareness about the importance of mental health in the workplace. Attendees expressed their appreciation for the relaxed moments during the session, and several requested the continuation of such sessions on a regular basis, indicating the success of this program..The initiative fostered a sense of community and encouraged participants to take actionable steps towards better mental well-being at work.

DEPARTMENT OF COMMUNITY HEALTH NURSING

1. School health programme

The Dept. of Community Health Nursing and the NSS unit of Baby Memorial College of Nursing conducted a school health programme on 10.10.2024 at Mappila UP School, Kappad, Kozhikode.



4.Oath taking ceremony 2024-2025



The oath taking ceremony of newly elected executive members of SNA was held on 23.08.24 at BMCON auditorium along with college union. All the SNA executives took oath guided by Principal Prof. Dr. Roy K George.

5. SNA monthly programme

SNA monthly programme of 21st batch was held on 23rd August 2024 in college auditorium. The program “KALASMI” started with a prayer song followed by the welcome speech .The educational session was on the topic “Vocal Biomarkers” Students performed various cultural events including dance, songs, skit, tableau and fashion show . “Kalasmi” ended with national anthem.





3.SNA unit level arts day

SNA unit level arts on-stage items were conducted on 19th and 20th July 2024 at BMLN college auditorium. On-stage items included recitation (english and malayalam), elocution (english and malayalam), solo song (girls and boys), extempore speech, mimicry (girls and boys), monoact, nadanpattu, skit, bharathanatyam, mime, group song, mappilapattu (girls and boys), folk dance, fancy dress (girls and boys) , group dance and personality contest (girls and boys). The Group 'Avengers' received the overall championship of SNA arts and sports 2024.



The programme was inaugurated by Mr. Sathish, Headmaster, Mappila UP school, Kappad and felicitated by Prof. Bindu. S, HOD, Dept. of Community Health Nursing, BMLN. The services provided were

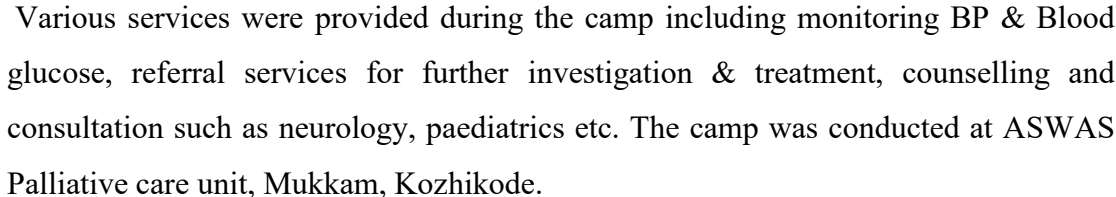
- 1) Health check-up for students, teachers and staff of the school
- 2) Awareness session on personal hygiene including hand hygiene and dental hygiene and environmental hygiene in the form of skit.
- 3) Puppet show on impact of junk food.
- 4) Video assisted awareness session on Menstrual cup and child abuse.

Nearly 178 pupils benefited from the programme and gave positive feedback about the programme.

2.Medical camp

On 1st Sep 2024, the Department of Community Health Nursing and NSS unit of BMLN organized a Neuro-medical camp in collaboration with BMH, ASWAS Palliative Care Unit & SMILE (Social Mission For Improvement of Life & Environment Charitable Society), Mukkam, Kozhikode. The camp commenced at 09:00am with an inaugural speech delivered by Dr. K G Alexander, Chairman, BMH & BMH Academy. The executive members of SMILE delivered a felicitation address.





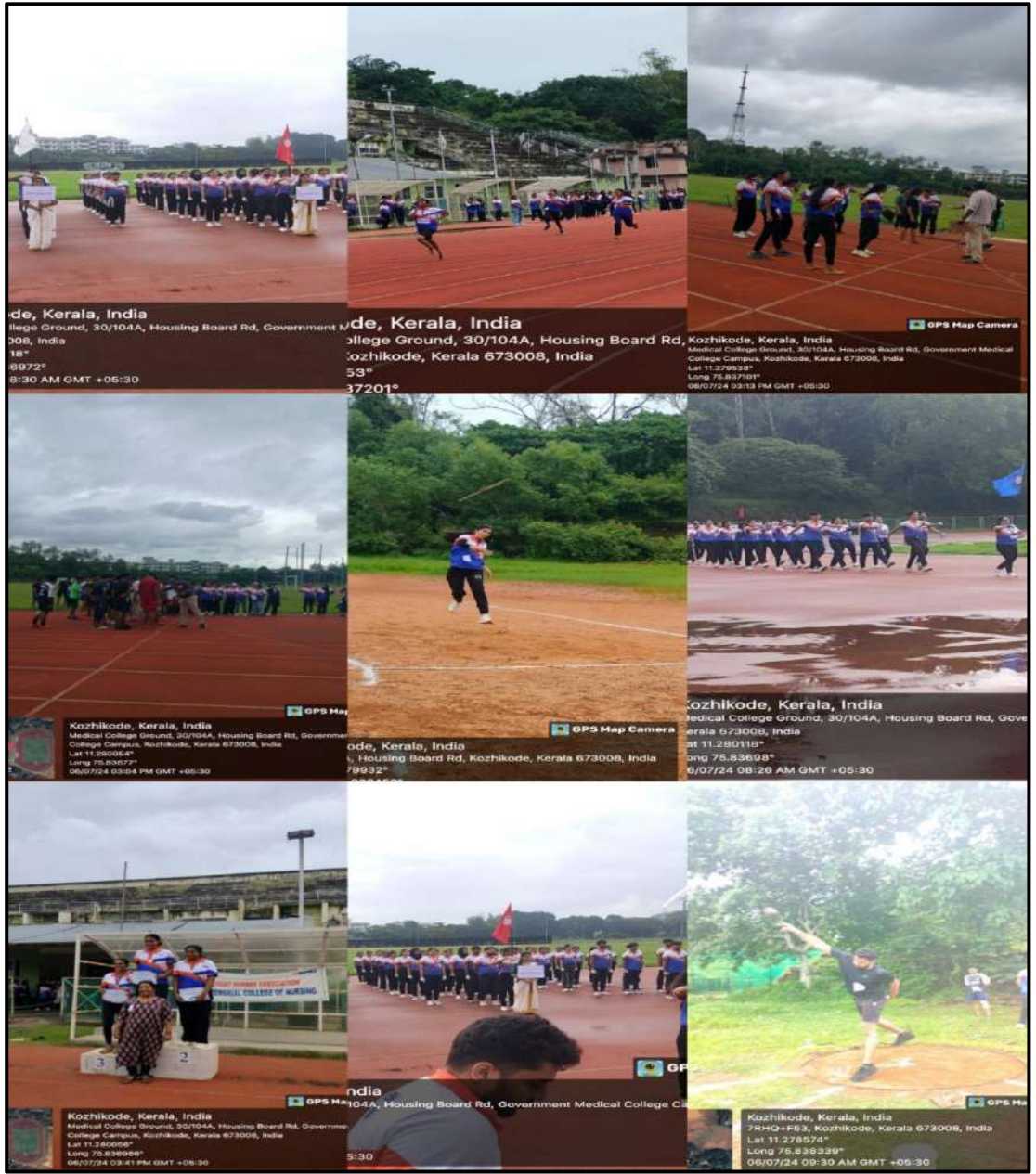
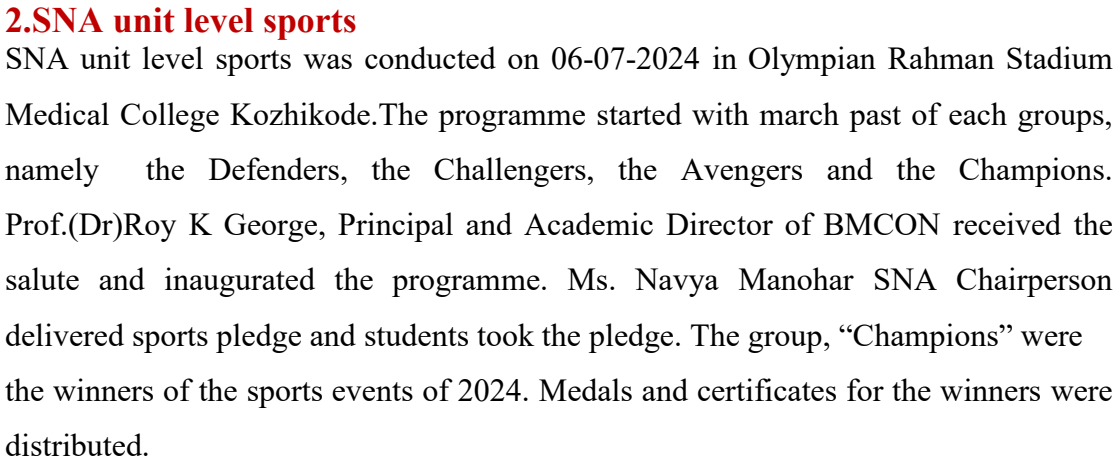
3.Awreness session and recreational activities

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Throughout the day, from 10 AM to 6:30 PM, nearly 350 individuals benefited from the screening services provided. Additionally, referral services were offered for those newly identified with increased blood glucose level, ensuring they received further medical attention as needed. This collaborative effort showcased the commitment to public health and community service by all participating organizations.

SNA ACTIVITIES

1.SNA unit level indoor games

The SNA unit level indoor sports competition was held from 3/7/23-5/7/23 at Baby Memorial College of Nursing, Calicut . The event witnessed enthusiastic participation from students showcasing their skills in indoor games such as carrom, chess, and badminton.



Various engaging visual aids were utilized, including charts, flip charts, posters, and pamphlets, to enhance understanding and retention of the information presented. A total of 19 women participated actively and provided positive feedback, underscoring the effectiveness of the session. In addition to the educational component, the student volunteers organized recreational activities, including singing, dancing, and sharing personal experiences. The elderly attendees were notably cooperative and enthusiastic, contributing to a lively and supportive atmosphere.

To address the nutritional needs of participants, the NSS unit generously provided fruits and assisted in serving meals, reinforcing the importance of nutrition in overall health. The programme concluded with a heartfelt vote of thanks delivered by Mr. Balachandran, a representative of the elderly at Snehashthali, expressing gratitude to all involved in making the event a success.

Overall, the event not only raised awareness about breast cancer but also fostered community spirit and engagement among participants. The positive feedback received indicates a strong demand for similar initiatives in the future.

4.Filariasis screening camp

On 22nd August 2024, the Department of Community Health Nursing and the NSS unit of BMCON organized a microfilaria detection camp in collaboration with the District Vector Control Unit, Kozhikode. The event aimed to identify cases of filariasis among the hostel residents of BMH Academy. Approximately 350 participants benefited from this initiative.





PAPER PUBLICATIONS OF FACULTY-2024

Sl No	Title of Publication	Name of Author/Authors	Name of Article
1	Knowledge regarding Tele-health services among general public	♣ Aiswarya NR ♣ Aleena Prince ♣ Anusree MT ♣ Basil Rajesh ♣ Feba Sunil ♣ Mrs.Manju Micle ♣ Prof .Dr. Roy K George	Kerala Nursing Forum, Volume:19 No.1 Jan-March 2024
2	Attitude of students towards gender neutral uniform in selected professional educational institution	♣ Akshaya V ♣ Anna Nivya Soly ♣ Ashika Vincent ♣ Christy M Reji ♣ Haripriya K V ♣ Mrs.Shyni P George ♣ Prof .Dr. Roy K George	Kerala Nursing Forum, Volume:19 No.1 Jan-March 2024
3.	Effect of eye mask and earplugs on quality of sleep of patient in intensive care unit	♣ Chinchu P.V ♣ Agnet Beena Mani ♣ Prof. Dr. Roy K George	The Nursing Journal of India Volume: 16, No.2 March –April 2024
4	Risk factors of delirium among patient admitted in critical care unit	♣ Alphy Thomas ♣ Agnet Beena Mani ♣ Prof. Dr. Roy K George	The Nursing Journal of India Volume: 16, No.2 March –April 2024
5	Knowledge of undergraduate nursing students on homosexuality	♣ Aksa P Roy ♣ Amala Joseph ♣ Ashik Philip ♣ Christeena Reji ♣ Ms. Alphy Thomas	Kerala Nursing Forum, Volume:19, No.2 Apr-June, 2024



The camp culminated with an appreciation ceremony recognizing the contributions of the NSS volunteers, as well as the efforts of the doctors and organizers from BMH and ABATE Eye Hospital. The event ran from 10 AM to 3 PM, marking a productive day for community health awareness and medical support.

5. International diabetes day observance

The mobile screening camp – “Panjara vandi” organized by the NSS unit of BMCON in collaboration with BMH, Club FM, and KTC Honda was a significant initiative aimed at health awareness and early detection of diabetes. The event was inaugurated by Mr. Mohammed Rafeeq C, Deputy Collector of Kozhikode, with a felicitation from Mrs. Gracy Mathai, CEO ,Baby Memorial Hospital.

NSS volunteers facilitated the camp by traveling on KSRTC buses, stopping at various locations throughout the city.The screening program focused on monitoring diabetes mellitus and GRBS for passengers on these buses.



workers, representatives from residential associations, and local residents actively participated in the initiative.



Together, they worked to clean the adjacent road of the Canoli Canal, the college premises as well as the Green View Colony, demonstrating community spirit and commitment to cleanliness.

4. Medical camp

The NSS unit of BMCON collaborated with BMH and ABATE Eye Hospital to successfully conduct a medical camp at Neelancheri, Nilamboor, in the Malappuram District. The event commenced with an inaugural address by Dr. Ummar, a neurologist, followed by a felicitation by Dr. Adhil. During the camp, a range of medical services were provided, including screening for diabetes and hypertension, as well as consultations in various specialties such as general medicine, ENT, urology, surgery, pediatrics, orthopedics, and neurology. Notably, the screenings revealed that 35 individuals had elevated blood glucose levels, while 26 individuals exhibited increased blood pressure levels.



		♠ Prof. Dr. Roy K George	
6	Opinion regarding partner support in labour rooms during delivery among husbands of pregnant women	♠ Abhina Shaji ♠ Albin K jojan ♠ Anuja Raju ♠ Dona Elizabeth ♠ Ms. Akhila P ♠ Prof. Dr. Roy K George	Kerala Nursing Forum, Volume:19 , No.2 Apr-June, 2024
7	Post covid symptoms and quality of life	♠ Mr.Dheeraj K P ♠ Mrs.Bindhu P C	The Nursing Journal of India Volume: 15, No.1 May –June 2024
8	Effectivness of nurse led intervention on symptom distress and quality of life of women with gynecological cancer receiving chemotherapy	♠ Mrs.Ambili P ♠ Mrs.Isha S	International journal of novel research and development Volume: 9, issue 10 October 2024
9	Perception of nursing students about self directed learning	♠ Ms. Achu roy ♠ Ms.Aleena manoj ♠ Ms.Anusha Abraham ♠ Mrs.Amrutha K ♠ Prof. Dr. Roy K George	Kerala Nursing Forum, Volume:19 , No.3 July-Sept, 2024
10	Effect of Nutritional interventional program on knowledge and practice regarding dietary planning for children with type1 DM	♠ Mrs.Aswathy VK ♠ Dr.Sajna T P	Kerala Nursing Forum, Volume:19 , No.3 July-Sept, 2024



NSS ACTIVITIES

1. 'MALARWADI' – programme for mentally differently abled children

On 30.09.2024, the Kerala Social Security Mission (KSSM) Kozhikode district, in collaboration with the NSS unit of Baby Memorial College of Nursing, hosted a special program titled “MALARWADI.” This gathering was designed to celebrate and connect with mentally differently-abled children and took place at Jubilee Hall, Palayam, Kozhikode. The event was graced by the presence of Dr. R. Bindu, the Minister of Higher Education, Kerala, who delivered an inspiring address as the chief guest. The highlight of the program was the cultural performances presented by the mentally differently-abled children, showcasing their talents and creativity.



NSS volunteers played a crucial role in the success of the event, actively engaging with the children and motivating them in preparing for their cultural performances. They provided essential assistance across various activities, including helping the children, managing registrations, setting up exhibitions, and offering food and refreshments. The programme was a resounding success and concluded at 4 PM, leaving participants with joyful memories and a sense of community spirit.



2. Elderly day observance

The NSS unit of Baby Memorial College of Nursing successfully organized a screening programme and awareness session aimed at elderly individuals in Pagalvedu, Thiruvangoor, Kozhikode district on 10th January 2024. The event included GRBS monitoring, blood pressure checks, and general health assessments, alongside an informative session focused on the importance of exercise for the elderly.



Participants were notably active, enthusiastic, and engaged throughout the various activities provided. Prof. Bindu S., HOD, Community Health Nursing, administered oath and presented valuable information regarding nutrition and its significance for older adults, enhancing the overall learning experience of attendees. This initiative not only promoted health monitoring but also fostered community engagement and awareness among the elderly population.

3. Gandhi Jayanti observance

The NSS unit of BMCON, in collaboration with Ward 26, Parayancherry, under the Kozhikode Corporation organized a cleaning drive as part of the Gandhi Jayanti celebrations, Malinya Muktha Nava Keralam and SWACHHATA HI SEVA on 2nd October 2024. The event commenced at 7:30 AM with a warm welcome address by Ms. Suma, Health Inspector of Ward 26, followed by inauguration and administration of oath by Mr. Sushaj K T, Councillor. He emphasized the importance of reducing plastic waste. NSS volunteers, members of Kudumbashree, ASHA