



**MANIPAL COLLEGE OF NURSING**  
**MANIPAL**  
*(A constituent unit of MAHE, Manipal)*

# e-Newsletter

(A half-yearly e-newsletter of Manipal College of Nursing, MAHE, Manipal)

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 MAHE, Manipal

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 MAHE, Manipal

## E-Newsletter issue Coordinator

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## Tribute to Nursing Legends



**Dr (Late) Aparna Bhaduri**  
 Ex Professor and PG  
 Coordinator, MCON, Manipal



**Prof (Late) P P Bhanumathi**  
 Founder Dean and  
 Professor, MCON, Manipal

## Oration held at MCON: 28 December 2020

Manipal College of Nursing (MCON) organized an oration in memory of legends in nursing, Prof (Late) P P Bhanumathi, the Founder Dean of MCON and Dr (Late) Aparna Bhaduri, a world-renowned nurse, researcher, and PG Coordinator at MCON, MAHE.

The oration was bejewelled by the honourable Vice Chancellor of MAHE, Lt Gen (Dr) M D Venkatesh on the theme “Highlights of the National Education Policy 2020 and its Innovative Inference to Nursing” in memory of (Late) Prof P P Bhanumathi. The key features of the entire National Education Policy, including the academic excellence, research collaboration,

priority for research, strengthening the professional education of nursing, internationalization, etc. were accentuated.

On the theme “Transforming Global Nursing Research through Collaboration” in memory of Dr (Late) Aparna Bhaduri, the PG coordinator, was orated by Dr Sailaxmi Gandhi, Professor and Head, Department of Nursing, NIMHANS, Bangalore. Insightful data were spoken and presented on the essence of collaboration and the benefits of collaboration. Faculty, alumni, students, and well-wishers of MCON participated in the oration.

## ACADEMIC

### Faculty development program (FDP) - 20-22 July 2020

The responsibility of a teaching institution is to ensure that the faculty are trained well and updated not just in teaching-learning aspects, but in the research area as well.

CNE committee, MCON, Manipal organized three days' program to refresh the faculty on systematic review and simulations in teaching. The chief guest Dr B Unnikrishnan, Associate Dean and Professor, Department of Community Medicine, KMC, Mangaluru, MAHE, in his address, appreciated the FDP which helps in the overall professional development of a faculty. He expressed that topics for the FDP were very

relevant at this point of time, and strong teamwork to sustain this learning experience.

A two and half-day FDP was held on systematic review. Seven systematic review experts took eight sessions on the systematic review, including quality assessment using AMSTAR- 2 and meta-analysis using Rev-man software. The FDP concluded with a half-day detailed session on simulation-based learning with scenarios. A total of 76 faculty members and research scholars attended FDP 2020.

### World breastfeeding week celebration - 1-7 August 2020

The Department of Child Health Nursing, Obstetrics, and Gynaecological Nursing and Community Health Nursing, MCON, MAHE, Manipal and Department of Paediatrics, KMC, Manipal, MAHE observed World Breastfeeding Week on the theme "Support Breastfeeding for a Healthier Planet - Covid-19 is an opportunity to strengthen action on breastfeeding".

A session on "Support Breastfeeding for a Healthier Planet" was discoursed by Dr Leslie Edward Lewis, Professor of Paediatrics, KMC, Manipal. Dr Leslie highlighted the science behind breastfeeding and climate change on 4 August 2020. A session on "Breastfeeding and Covid-19: Indian Perspectives" was delivered by Dr C R Banapurmath, Professor of Paediatrics, JJM Medical College, Davangere. Dr Banapurmath conveyed an important message of WHO's recommendation of breastfeeding irrespective of COVID status of mothers.

A session on "Infant and Young Child Feeding in the context of Covid-19" was taken by Mrs Yashoda S, Assistant Professor, MCON, Manipal. She highlighted the guidelines of IYCF and considerations to be followed during COVID-19. The webinar was attended by 420 participants, including students, nurses, and teaching faculty within MAHE and various institutions across the country India and abroad.



### Symposium on "Support Breastfeeding for a Healthier Planet" - 5 August 2020

As a part of breastfeeding week celebration, on 5 August, a symposium was organized by the Department of Child Health Nursing. Dr Mamatha S Pai, Professor, Department of Child Health Nursing delivered a session on "Support Breastfeeding for a Healthier Planet". She spoke about optimal infant feeding, the importance of breastfeeding, early initiation of breastfeeding, disadvantages of artificial feeding, and breastfeeding concerns during Covid-19. Mrs Binu Margaret, Assistant Professor-Selection Grade, Department of Child Health Nursing delivered the second session on the production and intake of breast milk, positioning, attachment, and expression of breast milk. The third session was discoursed

by Mrs Anjalin D'Souza, Assistant Professor-Selection Grade, Department of Child Health Nursing on breast conditions and highlighted different breast conditions with examples and their management. The symposium was attended by 105 students and staff nurses.



**Community awareness through FM Radio/Social media - 5 August 2020**

To reach out and promote awareness on breastfeeding practices to a wider range of public, a community awareness program through a radio talk in the form of role-play in the local language (Tulu) was conducted by Mrs Yashoda, Assistant Professor-Senior Scale, Department of Child Health Nursing, Dr Maria Pais, Assistant Professor-Senior Scale, Department of OBG Nursing, and Mrs Reshma R Kotian, Lecturer, Department of Community Health Nursing, MCON, Manipal on the theme “Support Breastfeeding for a Healthier Planet”. The program was broadcasted on 7 August 2020 at Radio FM 90.4 MHz and it was well appreciated by the public.



**Virtual symposium on “Mahatma Gandhi in the 21st Century” - 7 August 2020**

Manipal College of Nursing and Public Health Evidence South Asia, Prasanna School of Public Health, MAHE, Manipal in association with Social Science Research Unit, Institute of Education, University College London, UK, organized a virtual symposium on “Mahatma Gandhi in the 21st Century”.

The purpose of this program was to widely disseminate Gandhian thought and philosophy among the intellectual circles. Dr Krishna Kothai, Coordinator of Poornaprajna Centre for Research and Development, Udupi, spoke on the significance of Gandhian economic thought. Ms Abhilasha, Principal of SMS English Medium School, Brahmavar, Udupi talked about “Gandhian Education: Contemporary Concerns” and Prof Varadesh Hiregange, Director of Gandhian Centre

for Philosophical Arts and Sciences, MAHE, delivered a talk on “World Peace and Gandhian Philosophy”. The event was attended by 144 participants from different parts of the world.



**Webinar on “Identification and Management of Nutritional Disorders among School Children in Covid-19 Perspective” - 15 August 2020**

Department of Community Health Nursing, MCON, MAHE, Manipal conducted a webinar for school teachers on the identification and management of nutritional disorders among school children in Covid-19 perspective. The objective of the program was to create awareness among school teachers on common nutritional problems among school children and its management.

Dr Shashidhara Y N, Professor and Head, Department of Community Health Nursing sensitized the participants regarding the Covid-19 pandemic and educated them that good nutrition plays an important role in maintaining health. Mrs Manjula, Assistant Professor, delivered a session on common nutritional problems among children and also educated them about the essential diet for boosting immunity during the current pandemic. Dr Ansuya, Assistant Professor, delivered a session

on identification and management of nutritional deficiency. She also highlighted on how to manage the challenges in school when children return to the schools.

A total of 22 participants attended the program.



### Virtual Seminar on “Career Development and Progression in Nursing” - 24 August 2020

MCON in association with Centre for Consultancy training and Corporate Interface, Department of Commerce, MAHE, Manipal organized Seminar on career development for final year BSc nursing students to prepare and ready them to face interviews. Dr Everil Jacklin Fernandes, Assistant Professor, DOC elaborated on components of a resume and use of Coggle form for CV building. Dr Vikram Baliga, Associate Professor, DOC, MAHE, explained how to handle interview when different questions raised by the interviewer and the preparation needed by the interviewee. Dr Priyanka Pandey, Assistant Professor, DOC, MAHE stressed the corporate etiquettes, which included ways of maintaining the decorum

at the workplace. Opportunities in the health economics sector were dealt by Dr Ambigai Rajendran, Associate Professor, DOC, MAHE. She explained about career opportunities for nurses in the private sector industry, government, and NGO. A total of 88 students participated in the seminar.



### Fresher’s orientation program – 1 September 2020

The chief guest of the program, Lt Gen (Dr) M D Venkatesh, Vice Chancellor, MAHE, Manipal addressed the newly joined students and their parents. In his address, he congratulated both students and parents for choosing nursing and assured that both MAHE and MCON will strive to deliver the highest quality education and will make sure that students will get world-class experience in the campus. Dr Anice George, Dean, MCON, Manipal gave a brief introduction of the institution. The heads of all departments introduced their respective departmental faculty as well as external faculty members who assist them in teaching. Orientation to the nursing services was given by Dr P Suba Sooria, Head-Nursing Services, Kasturba Hospital (KH), Manipal. The various facilities of MAHE, including the security services, library facilities, Voluntary Service Organization (VSO), MARENA sports complex, and student support centre were briefed by Dr Judith A Noronha, Associate Dean, MCON, Manipal.



### GUEST LECTURE SERIES FOR NEWLY JOINED STUDENTS

A SERIES OF GUEST LECTURES WERE CARRIED OUT AS PART OF STUDENT INDUCTION PROGRAM FOR THE ACADEMIC YEAR 2020-21

### Guest lecture on “Guidance and Counselling”- 7 September 2020

The Department of Psychiatric (Mental Health) Nursing, MCON, MAHE organized a guest lecture on “Guidance and Counselling” on 7 September 2020 between 9:30 am and 10:45 am. Ms Venkata Prafulla Regireddy, Consultant Psychologist, Student Support Centre (SSC), MAHE spoke on the importance of mental health, warning signs of mental illness, need for guidance and counselling and various issues faced by today’s youth. Ms Prafulla also briefed on the services provided by SSC to the students of MAHE and she welcomed them to visit the centre any time whenever they feel the need for guidance on any matter.



### Guest lecture on “Good Study Habits and Reverence”- 8 September 2020

Department of Child Health Nursing, MCON, MAHE organized a guest lecture on “Good Study Habits and Reverence” on 8 September 2020 between 9:30 am and 10:30 am. Mr Vithoba Narayan Mhalkar, Assistant Professor, Department of Psychiatric Nursing, Institute of Psychiatry and Human Behaviour, Bambolim Goa, briefed on why good study habits and reverence is essential for a professional nurse. He stressed on the importance of self-care, self-discipline, managing study timings, developing a positive attitude, and sharing the information. He urged them to not compare oneself with others.



### Guest lecture on “Care and Affection to patients” - 9 September 2020

Department of Community Health Nursing, Manipal College of Nursing, Manipal organized a guest lecture and Dr P V Bhandary, Director and Consultant Psychiatrist, Dr A V Baliga group of Institutions, Udupi, was the guest and he highlighted the importance of nursing care to patients. He portrayed the qualities of a good nurse with appropriate examples.



### Guest lecture on “Communication Skills”- 10 September 2020

Department of Medical-Surgical Nursing, MCON, MAHE, Manipal organized a guest lecture, and Dr Shubha H S, Associate Professor and HoD, Media Studies, Manipal Institute of Communication, MAHE was the guest and she spoke on the importance of communication in our day-to-day life and effective ways of communication. Dr Shubha also briefed on different ways of communicating with different types of patients whom students come across while providing nursing care.



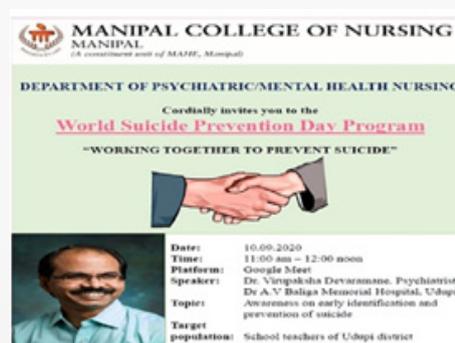
### Guest lecture on “Incorporating Trust (Vishwas), Respect (Samman) and Glory (Gaurav) in the Profession of Nursing”- 12 September 2020

The Department of Obstetrics and Gynaecological Nursing, MCON, MAHE, Manipal organized a guest lecture. Prof Samuel Johnson K, Professor at the VIT AP School of Business, Amaravathi, Andhra Pradesh, deliberated on the topic. He spoke on the importance of trust, respect, quality of care, learning different languages, physical fitness, extracurricular activities, and satisfaction in giving care. He urged the freshers’ to be faithful in their service to the patients, caring to the patients, and advised them not to find excuses for mistakes committed. *Vishwas*, *Samman*, and *Gaurav* would definitely bring glory to the noble profession like nursing.



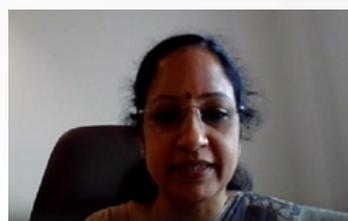
### World Suicide Prevention Day: “Working Together to Prevent Suicide” - 10 September 2020

A webinar on “Early detection of the warning signs and prevention of suicide” was organized for the primary and high school teachers of Udipi district by the Department of Psychiatric/Mental Health Nursing, Manipal College of Nursing, Manipal. Dr Virupaksha Devaramane, Consulting Psychiatrist, Dr A V Baliga Memorial Hospital, Udipi was the speaker and he stressed on the methods to deal with the sensitive issues faced by the students and youth. One of the major stakeholder groups - schoolteachers, were sensitized regarding the prevention of suicide in this program.



### CNE on “Capacity building for nurses during COVID-19 pandemic”- 14 September 2020

A webinar was organized by the Department of Psychiatric/Mental Health Nursing, MCON, Manipal on 14 September 2020. Capt Ajitha PS, Chief Operating Officer, Avitis Institute of Medical Sciences, Palakkad, Kerala delivered a session on “Capacity Building for the Nurses during Covid-19 pandemic’ and Mrs Charmaine C Salins, Quality Control Nurse, Kasturba Hospital, Manipal, Karnataka, on the topic “Patient Safety during Covid-19 Pandemic”. Clinical nurses, nurse educators, and nursing students from different countries participated in the webinar. The webinar was attended by 148 participants.

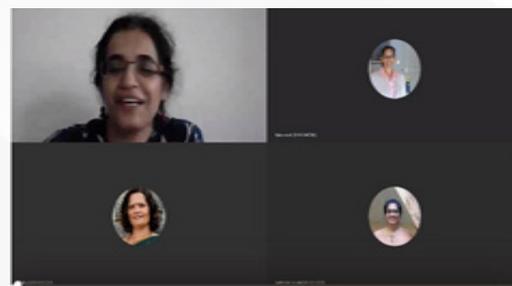


### CNE Session: “Identification and Remedial Measures for Slow and Advanced Learners” – 7 November 2020

The Internal Quality Assurance Cell and CNE committee of MCON, MAHE, Manipal organized a CNE for the faculty of MCON. Dr Shalini Aiyappa Ittira, Assistant Professor and Head, Department of Psychology, St Aloysius College, Mangaluru highlighted on importance of working memory and explained ways of strengthening and strategies to improve, so that it creates intellectual excitement in students, which in turn motivates them to perform better.

She also mentioned that the space where student can do/perform with minimum assistance from teachers/mentors is zone of proximity and it is the teacher’s responsibility to develop zone of proximity. Dr Shalini also focused on remedial measures like peer mentoring,

reward schemes to empower “not yet” and explained her experience of initiating teacher assistants’ program which brought a great impact on student learning. A total of 70 faculty participated actively in the session.



### Alzheimer’s week: “Raising Awareness and Challenging stigma on Alzheimer’s Disease” – 21-26 September 2020

To sensitize the general public and adults regarding the early identification, prevention, and treatment of dementia, Department of Psychiatric/Mental Health Nursing, Manipal College of Nursing, Manipal observed Alzheimer’s week.

A Question-answer session with Mrs Savitha, Assistant Professor, Department of Psychiatric Nursing, regarding the early identification and prevention of dementia was aired on 21

September in Mangaluru and Udipi districts on Radio Mirchi 98.3.

An awareness program on “Early Identification and Prevention of Dementia”, was organized for the public. Mrs Flavia Noronha, Lecturer, spoke on the theme and stressed the importance of early identification of dementia and treatment. The program was attended by 122 individuals from various parts of the country. The participants were allowed to clarify their doubts about dementia.

## World Mental Health Day - 9-10 October 2020

“MENTAL HEALTH FOR ALL: GREATER INVESTMENT-GREATER ACCESS”

A webinar on “Mental Health Considerations for Nursing students during Covid-19 Pandemic” was organized by the Department of Psychiatric/Mental Health Nursing, Manipal College of Nursing, MAHE, Manipal. Dr Blessy Prabha Valsaraj, HOD, Community and Mental Health Department, College of Nursing, Sultan Qaboos University, Muscat, Sultanate of Oman, spoke on mental health concerns, strategies, and practice tips. She also stressed on how to be resilient, how to adapt to overcome the crisis faced by the students, acceptance and commitment therapy (ACT), and mindful strategies. A total of 116 participants attended the webinar. All the participants experienced the mindfulness and guided relaxation demonstrated by the speaker.

A webinar was conducted on “Mental health considerations for Public Health Care workers during Covid-19 pandemic”,

on 10 October 2020. Dr PV Bhandary, Director and Consultant Psychiatrist, Dr A V Baliga Group of Institutions, Udupi, highlighted on mental health concerns, myths about COVID-19, and also about strategies to overcome COVID-19. Total of 120 participants attended the webinar.



## Debate on Online Vs Offline Education - 9 October 2020

Department of Fundamentals of Nursing, MCON, Manipal organized an online debate for I-year BSc Nursing students on “Online Vs. Offline Education”.

Two teams spoke in favour of online education, and the other two teams spoke for offline education. The debate helped the students to think critically and share their views on the given topic. Debater from the team online education said it is a useful teaching method for the new generation and has more flexibility. Advances in technology make online teaching more effective. They feel free to clarify their doubts through online education. Online education helps save money that they need to spend on campus stay, food, and parking.

Debater from the team offline education said it allows the teachers and students for more interaction. A student who resides in the remote areas finds it difficult to access online education due to poor internet connectivity, which may affect

their learning. It allows students to meet their teachers to clarify their doubts directly and improve their clinical practice skills and also actively engage themselves in extracurricular activities. The moderator concluded that online and offline education has to go hand in hand based on the situation. But practical skills are essential in the nursing profession, so offline education is very much needed to develop clinical skills.



## Children’s Day Celebration – 14 November 2020

The faculty members and students of III-year BSc Nursing and I-year PBBSc nursing of Department of Child Health Nursing, MCON, MAHE, Manipal, organized a children’s day program at ASARE, an institution for the mentally challenged children, Manipal.

Students pre-recorded performances such as singing, action song, classical dance, solo and group dance, and the faculty displayed the recordings of these entertainment programs to the inmates of ASARE to entertain mentally challenged children.

The administrators of ASARE expressed their gratitude for spending time and celebrating children’s day in a very different way. A total of 23 inmates along with their 12 caretakers and office bearers participated in the program.



### Newborn week celebration - 15 – 21 November 2020

The Department of Obstetrics and Gynaecological Nursing and the Department of Child Health Nursing, MCON, MAHE in collaboration with the Department of Paediatrics, Kasturba Medical College Hospital, Manipal, celebrated the Newborn week.

Various competitions like E-poster, E-poem, and quiz competitions were organized. Students and staff from various states of the country participated in the event, i.e., 9 students and 18 staff participated in the E-poster competition, 7 participated in the E-poem competition and 10 in the quiz competition.

A radio talk on “Newborn care” was aired on 16 November

2020. The program was organized by Mrs Shobha, Lecturer, OBG Nursing and Mrs Anusuya P, Assistant Professor, Child Health Nursing, MCON, MAHE.



### Webinar Series on “Newborn Individuality in View of Caring and Services provided” - 16-20 November 2020

As part of the newborn week celebrations, Department of Obstetrics and Gynaecological Nursing, MCON, MAHE, Manipal in collaboration with the Department of Paediatrics, Kasturba Hospital, Manipal organized webinar series for the health care professionals of India who care for newborns.

Day 1: Dr Manisha Bhandarkar, Professor, Neonatology, KLE, Belagavi spoke on the topic – “Quality care in neonatal nursing - Innovate, illuminate and inculcate quality care for every newborn.” The session emphasized teamwork for improving quality of neonatal care, four steps involved in team building, Plan-Do-Study-Act (PDSA) cycle, clinical audit, and developmentally supportive care.



Day 2: Dr Ranjan Kumar Pejaver, Paediatrician, deliberated on the topic “Cost-effective interventions to improve newborn care.” He stressed the myths of requirement of high-cost newborn care and explained the cost-effective interventions to improve outcomes of newborns in the NICU. He emphasized the role of the nurses in providing cost-effective interventions to improve the quality of newborn care.



Day 3: Dr Savitha Pramila Dsouza, Staff Midwife, National Maternity Hospital, Dublin, Ireland, spoke on the topic “Newborn healthcare and quality improvement in comparison with the present scenario.” She spoke on newborn routine care, community midwifery roles in education as well as counselling to mothers, thermoregulation, breastfeeding, care for flat nipple and also emphasized on harvesting of human milk.



Day 4: Session on “Professional Social Responsibility for Neonatal Survival” was deliberated by Dr Shantaram Baliga, Professor Emeritus, Department of Paediatrics, KMC, Mangaluru. He threw light on the origin of district model of neonatal care and shared how his own experience in working in a government hospital NICU during his post-graduation had helped him to understand the importance of public-private partnership for improvement of quality care for newborns. He also stressed the importance of professional social responsibility.



Day 5: Dr Apurv Barche, Assistant Professor, Department of Paediatrics, KH, Manipal spoke on the topic “Caring for the future of preemies using quality improvement measures”. He stressed on research techniques and how it can be implemented in the clinical setup in terms of improving the quality care for newborns especially the preemies, and also threw light on the present-day neonatal statistics worldwide and in the different states of India.



### Radio talk on Diabetes to sensitize the public – 20 November 2020

As part of the World diabetes day 2020, the Department of Medical-Surgical Nursing, MCON, MAHE, Manipal conducted a radio talk in terms of role play with a view to sensitize the public about the significance of theme “Diabetes: Nurses Make the Difference”. The areas highlighted in the play was importance of foot care among diabetes patient and strategies of diabetic foot care. The talk was broadcasted on Radio Manipal on 20 November 2020 at 5:00 pm and rebroadcasted on 21 November 2020 at 12:30 noon.

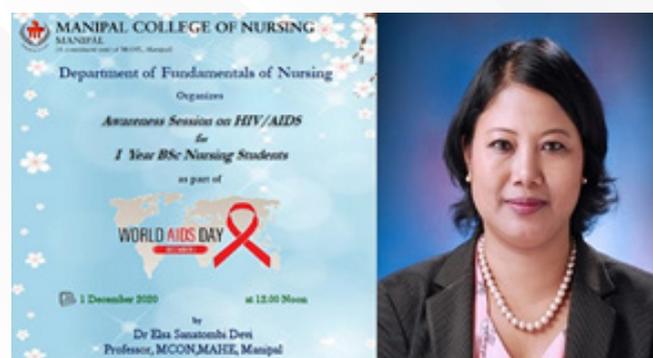


### World AIDS Day - 1 December 2020

The Department of Fundamentals of Nursing, MCON in collaboration with Manipal Centre for Infectious Diseases, PSPH, MAHE, Manipal observed World AIDS Day by organizing various events. E-poster and video making competitions were conducted for students from different units of Manipal Academy of Higher Education, Manipal. E-poster was on the theme: “Global Solidarity, Shared Responsibility” and the theme for video-making was: “The Rights of Women and Girls.” A total of 18 e-posters and five videos were received for evaluation.

Dr Elsa Sanatombi Devi, Professor, Department of Medical-Surgical Nursing took an awareness session on HIV/AIDS for the first-year BSc nursing students. She highlighted current statistics, meaning, stages of untreated HIV infection,

transmission, and myths towards HIV transmission. She has also focused on other sexually transmitted diseases, diagnostic tests, management, and prevention of HIV infection.



### Guest lecture on “Pandemic as a Disaster” - 23 September 2020

Department of Child Health Nursing, MCON, MAHE, Manipal organized a guest lecture for undergraduate and postgraduate nursing students.

Mr Prabhath Matpady UNICEF supported consultant - Disaster Risk Reduction, Karnataka State Disaster Management Authority, Department of Disaster Management, Government of Karnataka, discussed the vulnerability status of individuals who can be infected with Covid-19 and emphasized various capacities such as physical preparedness, social and economic stability, and human resource development to combat the pandemic.

He also delved the importance of 5 'T's to tackle coronavirus crisis which indicates testing, tracing, monitoring, teamwork and treatment. A total of 134 students including II MSc, II

PBBSc and IV BSc nursing along with the faculty members (16) of MCON and MSON, Manipal attended the guest lecture. The session was interactive and informative.



### Guest lecture on “Effective Communication with Older Adults” - 26 November 2020

Department of Medical-Surgical Nursing, MCON, MAHE organized a guest lecture.

Lt Rita Thomas, Retired Nursing Superintendent, KMC Jyothi Circle, Mangaluru emphasized on the importance of active listening, patience, reassurance, and calm attitude while communicating with the elderly. A total of 125 participants including III BSc and II-year PBBSc nursing students and faculty members of the college participated in the session.



### Guest lecture on “Professional Communication and Etiquette at Workplace – 5 December 2020

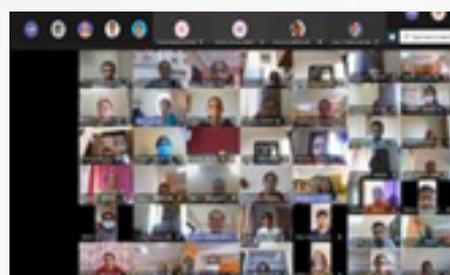
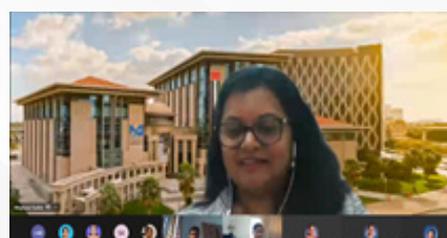
Department of Medical-Surgical Nursing MCON, MAHE, Manipal organized a guest lecture for IV-year BSc nursing students.

Mrs Melita Sheela Alva, Senior Science Tutor, Oman College of Health Sciences, Ministry of Health, Muscat, Oman, delivered a session on essential communication skills for a successful career. The session highlighted on the image, communication, competence, demeanour in the profession. A total of 106 participants including the students of IV-year BSc Nursing and faculty members of the college.



### Curriculum Convention - 19 December 2020

Manipal College of Nursing, MAHE Manipal organized a virtual curriculum convention on “Simulation based Competency Assessment to develop the clinical competency among students. The chief guest Mrs Meghana Sudhir, Simulator educator, Institute for Excellence in Health professions Education, MBRU, Dubai, UAE emphasized on the importance of simulation in teaching-learning experience and highlighted the purposes of simulation in education, assessment, research, and health integration in facilitating patient safety. The resource person for the session was Mr Linto Andrews, Senior simulation training officer – NRSC, JHPIEGO, New Delhi. Mr Linto spoke on simulation as a technique that promotes experiential, reflective learning, and can also be used as a teaching and evaluation tool. He also explained that simulation-based learning promotes patient safety, offers opportunities to practice and acquire clinical skills, and provides students to experience a safe learning environment. The session was followed by group activity on developing case scenarios for simulation in breakout rooms of MS teams.



### Interactive session - 21 December 2020

Department of Mental Health Nursing MCON, MAHE, Manipal organized an interactive session on “Challenges and trends in health sector”.

Mrs Sheryl Jyothi Cornelio, Deputy Director Nursing, Dr LH Hiranandani Hospital, Mumbai was the guest speaker for the session.

Mrs Sheryl elaborated on the multiple challenges faced in financial, technological, consumer, and human resource management in the healthcare sector. She also highlighted the expectations the

management has from young nursing professionals. The session was attended by 102 students of IV-year BSc (N), II-year PBBSc (N), and III-year BSc (N) of MCON, MAHE.



## UNIVERSITY GRANTS COMMISSION (UGC) ACTIVITIES

### Sanskrit week celebration - 5 August 2020

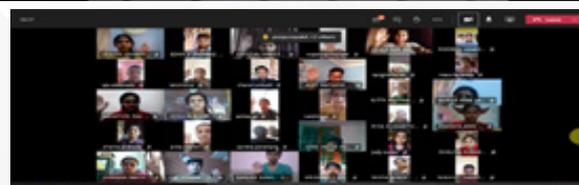
To cherish the glory of the great Sanskrit language, as part of “Samskrita Week Celebrations, Dr Arjuna S R, Assistant Professor, Department of Philosophy, MAHE, Manipal deliberated a session on the theme “Sanskrit in the Contemporary World”. He shared his expertise on Sanskrit language, concepts associated with the language, its realities, unique features, availability of Sanskrit in modern subjects such as mathematics to culinary arts, and Biology to Ontology, etc.



### Jan Andolan campaign on Covid-19 - 12 October 2020

Manipal College of Nursing MAHE, Manipal made arrangements for wider publicity and dissemination of messages related to “Jan Andolan campaign related to Covid-19”.

MCON students and faculty took the pledge on Jan Andolan campaign related to COVID-19” through online mode in MS Team platform and the pledge was facilitated by Dr Judith Angelitta Noronha, Associate Dean, Manipal College of Nursing, MAHE, Manipal. Posters on key messages of “Wear mask, follow physical distancing, and maintain hand hygiene” were displayed on the prominent locations and notice boards of the institutions, and posted on the institutional twitter pages.



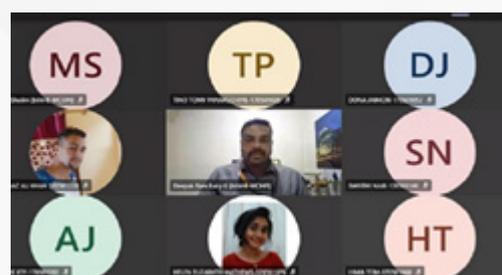
### Fit India Program – 5 November 2020

Based on the UGC directives, the Sports Committee of MCON, MAHE, Manipal organized a session for the IV-year BSc Nursing students of MCON on 5 November 2020 between 10:00 am and 11:00 am. Dr Deepak Ram Bairy, Deputy Director of Physical Education, KMC, MAHE, Manipal, delivered a session on “Physical fitness: Importance and Factors affecting Physical Fitness”.

Dr Deepak, in his talk, emphasized on the importance of physical activity for the physical, mental, emotional, and social well-being of an individual. He also highlighted on the various factors affecting physical fitness such as hereditary, nutrition, environment, training,

illness, self-motivation, emotional stability, lifestyle, and posture.

A total of 94 students attended the session.



## INTERNATIONAL

### Guest lecture on “Facilitating High-Quality Virtual Simulation” - 30 September 2020

Department of Fundamentals of Nursing, MCON, MAHE, Manipal organized a guest lecture.

Dr Beena Joseph, Clinical Assistant Professor and Clinical Coordinator, University of Houston, College of Nursing, Houston, Texas, USA, and adjunct faculty, MCON, MAHE Manipal described various steps involving conducting virtual simulation to assess student learning, using a simulation conducted and evaluated by the mentors, faculty members, and examiners.

She also explained the simulation setting at her place, which consists of advanced lab, mimicking actual patient scenarios, and highlighting the role of faculty and training requirements for practice. The webinar was attended by 51 faculty members from MCON, MAHE, and other nursing colleges.



### Webinar on “Leadership in Midwifery: National and International Perspective”- 27 October 2020

The Department of Obstetrics and Gynaecological Nursing, MCON, MAHE, Manipal organized a webinar as part of 2020 International year of the Nurse and Midwife, for clinical nurses, nurse educators, and nursing students.

Dr Melissa D Avery, Professor, School of Nursing, University of Minnesota, Minneapolis, USA, deliberated on global leadership of midwifery, leadership impact on midwifery globally and nationally, methods for enhancing leadership for individual midwives, essential competencies for practising midwifery and global standards for midwifery education. Dr Sudha A Raddi, Professor and Principal, KAHER Institute of Nursing Sciences, Belagavi, Karnataka, India focused on importance and need for midwifery in India, pathway for midwifery leadership, scope for midwifery leadership, midwifery services in India, components of midwifery initiative, measures to enhance midwifery leadership and respectful midwifery care. Around 400 participants attended the webinar.



## Inauguration: Global training and education centre (GTEC) Manipal - 10 December 2020

Lt Gen (Dr) M D Venkatesh, Vice Chancellor, MAHE Manipal inaugurated the GTEC centre at Manipal College of Nursing, MAHE, Manipal for language training for IELTS/OET. With the increasing demand for skillful professionals across the globe, Manipal ventures to bring a standard centre to cater with quality and dedication on par with the international standards. Dr Anice George, Dean MCON, Dr Raghu AR, Director international, Dr Raj Murali, Director and Dr M K Shashidhara, Deputy lead for the education and quality GTEC HEE Global Medical Program emphasized on the need for global quality workforce and preparing graduates for international trends and greater

employability internationally for budding nurses. The centre, coordinated by Dr Elsa Sanatombi Devi, Professor, MCON created awareness and explained training details and achieving the goals to the participants.



## RESEARCH

### Nursing Research Day - 25 September 2020

The Research Committee of MCON, MAHE, Manipal organized nursing research day.

The chief guest, Dr Suresh K Sharma, Principal, AIIMS, Rishikesh addressed on “Contemporary Nursing Research”. In his speech, he explained the need for rigorously conducted and properly disseminated nursing research in India by the nursing fraternity. He also emphasized that nursing research should be focused on caring related aspects. He called upon the nursing fraternity to conduct research, which is of importance to the nursing profession.

Followed by the lecture, there was a total of 14 scientific oral presentations and five e-poster presentations. Dr Jyothi

Chakrabarty, Professor and HOD, Medical-Surgical Nursing, MCON, MAHE Manipal moderated the scientific oral presentation. Mrs Yashoda, Assistant Professor, Department of Child Health Nursing, MCON, MAHE, Manipal moderated the e-poster presentation. A total of 125 participants attended the program.



### Webinar on Evidence Based Practice (EBP) in Nursing - 29-31 October 2020

A three-day webinar on evidence-based practice in nursing was organized by Department of Child Health Nursing, MCON, MAHE, Manipal to create awareness about evidence-based practice in nursing.

The Chief Guest Dr Josline Mariet, Principal and Professor, Koyili College of Nursing, Kannur, Kerala, inaugurated the webinar and addressed the participants regarding the importance of EBP and its current need.

She informed that nurse practitioners in the earlier decades were not trained regarding new practices and based their practice on their previous experience. The nurse researchers are currently encouraged to implement interventions based on scientific evidence which have shown improvement in patient care.

Several sessions and topics on EBP were delivered in three days of the webinar.

On the first day of the webinar, Dr Mamatha S Pai took a session on “EBP in Nursing and Medicine and the impact of evidence for change in practice”. Dr Baby S Nayak delivered sessions on “Need of searching for evidence and discussed about

the sources and databases including pre-appraised evidence, journals, and other non-bibliographic databases and appraising the evidence”. On the second day of webinar, Dr Judith A Noronha highlighted on integrating and evaluating EBP and Mrs Shalini G Nayak explained the interrelation between EBP and Research. Mrs Anupama D S explained how to frame a systematic review question using PICO. The third day of the webinar focused on EBP guidelines and implementation in nursing practice in various settings.

The webinar was attended by 26 participants from different institutions in India and abroad.



### Publications

- Viji P C, Sohil Khan, Girish Pai K, Kanav K, Elsa Sanatombi Devi, Athira B, Girish Thunga. (2020). Evidence-based medicine databases: An overview. *Journal of Applied Pharmaceutical Science* Vol. 10(07).
- Shejila C H, Mamatha S Pai, Donald J Fernandes, Stanley Mathew, Jyothi Chakrabarty, Elsa Sanatombi Devi. (2020). Specialist nurse-initiated interventions in breast cancer care: A systematic review of randomised controlled trials. *Journal of Clinical Nursing*, 29(13-14).
- Vinish V, Jyothi Chakrabarty , Vijayan S, Kulkarni M, Shashidhara YN, Baby S Nayak, Anice George. (2020). First responder's care package on management of road traffic accident victims of Udupi: Study protocol. *Journal of Advanced Nursing*, 76(7).
- Prateek Srivastav, Suzanne Broadbent, Vaishali K, Baby S Nayak, Vinod Bhat H. (2020). Prevention of adolescent obesity: The global picture and an Indian perspective. *Diabetes and metabolic syndrome: Clinical Research and Reviews*, 14(5).
- Ramesh Chandrababu, Baby S Nayak , Vasudev Baburaya Pai , Ravishankar, Linu Sara George, Elsa Sanatombi Devi, Anice George. (2020). Effects of foot massage and patient education in patients undergoing coronary artery bypass graft surgery: A randomized controlled trial. *Complementary Therapies in Clinical Practice*, 40:101215.
- Edlin Glane Mathias. Anjalin D Souza, Savitha Prabhu. (2020). Self-medication practices among the adolescent population of South Karnataka, India. *Journal of Environmental and Public Health*. <https://doi.org/10.1155/2020/9021819>.
- Sowmya, Ansuya, Vinish V. (2020). Contraceptives utilization and barriers in Karnataka, Southern India: A survey on women residing in slums. *Clinical Epidemiology and Global Health*, 8(1077-1081).
- Udatha Thirupathi Rao, Judith A Noronha, Kasturi Adiga. (2020) Effect of aerobic exercises on depressive symptoms, anxiety, self-esteem, and quality of life among adults with depression. *Clinical Epidemiology and Global Health*, 8(4).
- Viji P C, Sohil Khan, Girish Pai K, Elsa Sanatombi Devi, Girish Thunga. (2020). Evidence based medicine and pharmacy curriculum: an insight into Indian perspective. *Bangladesh Journal of Medical Science*, 19(4).
- Sabina Sharma, Prima JJ D'souza, Sulochana B. Sandeep Vijayan. (2020). Functional outcome and patients' perceived benefits after total knee arthroplasty: A cross-sectional study. *International Journal of Orthopaedic and Trauma Nursing*, 39: 100791.
- Anil Raj A, Shalini GN, Aswin S, Chiranjay M, Ravishankar, Elsa Sanatombi Devi, Anice George.(2020). Structure, Staffing and Factors affecting Infection Control Nurses: Hospital Based Exploratory Survey- A study protocol. *Journal of Advanced Nursing*, 77 (2).
- Anupama DS, Judith A Noronha, Kiran Acharya, Ravishankar, Anice George. (2020). Effect of exercise on bone mineral density and quality of life among postmenopausal women with osteoporosis without fracture: A systematic review. *International Journal of Trauma and Orthopaedic Nursing*, 39:100796.
- Savitha Prabhu, Linu Sara George, Shyamala, G., Jose, TT, Anice George. (2020). The effect of a prenatal psychosocial education program on postnatal depression, stress, and parenting self-efficacy in women in South India-A study protocol for a randomised controlled trial. *Mental Health & Prevention*, 20 (200194).
- Anjalin Dsouza, Dinesh Nayak, Annamma Kurien, Baby S Nayak, Mamatha S Pai. (2020). Description of health-related quality of life of children and adolescents with hemophilia from India. *Pediatric Hematology/Oncology and Immunopathology*, 19 (3).
- Jagriti Niyogi, Renjula Yashodharan, Rochelle Jane Dsa. (2020). Relationship between intelligence, self-esteem, and assertiveness among South Indian youth: A descriptive cross-sectional study from Karnataka. *Indian Journal of Public Health*, 64(4).
- Ankur Tiwari, Savitha Prabhu, Ansuya. (2020). Adjustment and self-esteem among novice B.Sc. nursing students of Udupi district. *Manipal Journal of Nursing and Health Sciences*, 6(2).
- Jesna Joseph, Sushmitha R Karkada, Shobha Kamath. (2020). Factors influencing early onset of menarche among school children: A case-control study. *Indian Journal of Public Health Research and Development*, 11(11).
- Anil Raj A, Judith A Noronha, Asha Kamath, Prabha Adhikari, Baby S. Nayak, Ravi Shankar Anice George. (2020). Depression among older adults: A systematic review of South Asian countries. *Psychogeriatrics*, 10.1111/psyg.12644.
- Roseminu Varghese, Sulochana B, Prima JJ D'souza. (2020). Effectiveness of voice stimulus on the level of consciousness, physiological parameters and behavioural responses in comatose patients- A feasibility study. (2020). *Clinical Epidemiology and Global Health*, 9. 150-156.

## ALUMNI RELATIONS AND EMPLOYER REPUTATION

### Alumni achievements

#### Dr Shejila CH received Best Teacher Award (Nursing Stream) 2020

Dr Shejila C H completed her full time PhD in Nursing from Manipal Academy of Higher Education (MAHE), Manipal, India in 2018. She secured research grants from national and international agencies such Sigma Theta Tau International Nursing Society - Omicron Delta Research Grant in 2014 and Department of Health Research Grant in 2020. Recipient of many international travel grants from the Union for International Cancer Control and Science and Engineering Research Board for attending international conferences.

She has got publications in national and international Scopus and Web of Science indexed journals and served as a reviewer for many indexed and peer reviewed journals. She is currently working as Professor Cum Vice Principal

of MIMS College of Nursing, Malappuram, Kerala and has received Best Teacher Award (Nursing Stream) 2020 from Kerala University of Health Sciences.



### Testimony

Being a part of Manipal College of Nursing is always special as it has provided me roots to follow my dreams and passion, and I am exploring my potential in every sphere of life. Looking back, I can certainly say that MCON was the most important milestone in shaping my career, as it has best in class faculty from nursing fraternity and hands-on experience from clinical area. Throughout the academic sessions, I was challenged to discover capabilities that I never knew I had. Along with academics, the College also focuses on personality development which helped me build a rewarding career.

Currently, I am working as the Deputy Director of nursing

at Dr L H Hiranandani Hospital with a goal to build strong and sustainable nursing department. I am also one among the 100 Great Managers of India 2020-21 by Forbes. I owe my success to my alma mater with in-house expertise driving excellence.

Mrs Sheryl Jyothi Cornelio, Alumnus  
BSc N: (1999-2003) , MSc N: (2008-2010), MPhil N: (2010-2012)

Deputy Director Nursing,

Dr LH Hiranandani hospital, Mumbai



## ALUMNI GUEST LECTURE

### Alumni guest lecture - 20 August 2020

Mr Ajith Kumar Shetty, Infection Control Nursing Officer and Nurse educator HCG, EKO Cancer Center, Kolkata, India, and alumnus of MCON Manipal (PBBSc. Nursing 2012-2014 batch) deliberated on International Patient Safety Goals.

He discussed the IPSPG goals that are in practice and stressed the importance of following safety standards for the day today practice to ensure maximum safety for the patients and quality patient care.

A total of 17 PBBSc nursing students and three faculty members attended the session. Participants clarified their doubts regarding the role and challenges of infection control nurse in the healthcare delivery system.



### Alumni guest lecture - 21 August 2020

Dr Manjusha Rajesh, Nursing Faculty, College of Nursing Public authority of Applied Education and Training, Kuwait, Alumna of MCON Manipal (MSc Nursing 2002-2004 batch), deliberated a session on the topic “Constructing quality Multiple Choice Question”. She discussed how to construct effective quality multiple-choice questions, the uses of MCQs, how to frame the questions in the different levels of cognitive domains, advantages, and disadvantages of using MCQs with appropriate examples. The session was attended by 36 faculty members from MCON and MSON. The session was interactive and informative.



### Alumni guest lecture - 29 August 2020

Ms Nargita Arora, Workforce Development Clinician, Broward College, Florida, USA (Alumna of MCON-BSc-N - 1991-1995 batch) gave a talk on “Virtual simulation as an effective pedagogy during Covid-19 pandemic”.

She explained the process of using simulation in pedagogy especially during Covid-19 pandemic. She focused on preparing the case scenario, preparation of the equipment, students, faculty, the venue, seating arrangements, and the technique of demonstration by the faculty while students are attending remotely or in a safe distance. She also briefed the methods of return demonstration by the students when they are at home. The session was attended by 59 participants.



### Alumni guest lecture - 4 September 2020

Mrs Selma Kalathil, Nursing Director, Jeddah National Hospital, KSA (alumna of MCON-BSc Nursing 1998– 2002 batch, MSc Nursing 2007-2009 batch) was invited to speak on “Communication skills and team-building” to the students.

She highlighted on tips to improve communication skills and team building. She said that non-verbal communication, active listening, and written communication are important skills required for nurses at the bedside and teaching area. She opined that good communication improves the quality of care provided to patients. A total of 92 nursing students from IV-year BSc and four faculty members of MCON Manipal attended the lecture.



### Alumni guest lecture - 22 September 2020

Mrs Jane Jyothi Mathias, School Health Nurse, The English Play Group, (Alumna of MCON MSc-N- 2016-2018 batch) enlightened on the role and responsibilities of a School Health Nurse.

She highlighted on the medications and equipment needed in schools for providing basic nursing care for children in school and also regarding referral to the ministry health authority. She shared her experiences of being a school health nurse and the criteria for aspiring a job as a school health nurse.

Total 127 participants including faculty members and students from IV-year BSc (N) and II-year PBBSc (N) attended the session.



**Alumni guest lecture - 16 October 2020**

Ms Hazina C Joseph, Nurse Practitioner, University of South Florida, USA and alumna (BSc Graduate 1995-2000 batch) of MCON, Manipal invited as a speaker for the session on “Bleeding Diathesis – Evaluation & Management”.

She discussed the physiology of hemostasis, evaluation, and management of common bleeding disorders such as Hemophilia and Von Willebrand disease. She also sensitized the students and made the session live with case-based scenarios of different age

groups.

A total of 135 participants including III BSc Nursing students, I PBBSc Nursing students, alumni members from various parts of the country and the faculty members of MCON, Manipal attended the session.



**Alumni guest lecture - 16 October 2020**

Mr Preetham Nayak, Community Health Officer, Kolar District (alumnus of MCON PBBSc N – 2017-19 batch) delivered a lecture on “Community Health Officers in Health and wellness”.

He highlighted on the morbidity and wellness services available in the health and wellness centers and explained

regarding e- Sanjeevi app, the new update on tele-consultation. The roles and responsibilities of community officer and career options as community health officers were clearly explained. Total 62 participants including faculty members and students from IV-year BSc Nursing and II-year PBBSc Nursing attended the session.



**Alumni guest lecture series - 16 October 2020**

A guest lecture series was organized on the topic “Conquer Covid: Tales of Covid-19 Warriors” Mr Jijomon (alumnus of MCON, MSc (N) 2012-2014 batch) Ms Maryl Cutinho (alumnus of MCON MSc (N) 2015-2017 batch), Ms Roseminu Varghese (alumnus of MCON MSc (N) 2013-2015 batch), and Ms Wilma Padmanabhan (alumnus of MCON MSc (N) 2013-2015 batch) were the speakers for the session. They spoke about the Covid scenario in the United Kingdom, especially at their

workplace. They shared their experience of managing Covid-19 patients, how they themselves suffered from the disease, the dilemma which they have faced, the fear and the uncertainties, the ways they adapted to come out of the situation, etc. Also, they highlighted the protocols which are being used during the Covid-19 epidemic across NHS foundations in the UK as well as their facility policies. A total of 124 participants attended the session.



**Alumni Guest lecture – 5 November 2020**

Mrs Mintee Raghunathan, Clinical Nurse Manager, St James Hospital, Dublin, Ireland, gave a guest lecture on “Acute Coronary Syndrome”.

Mrs Mintee shared her views and experience regarding the care of patients with acute coronary syndrome. She discussed the various protocols and interventional modalities used in the management of patients with ST-segment abnormalities.

She also stressed on the importance of regular updating

of knowledge by reading books, pursuing higher studies, and attending relevant short-term courses.

The session was informative and interactive with discussion and clarification of doubts. A total of 92 participants including 77 diploma nursing students and 15 faculty members attended the session.



### Alumni guest lecture – 20 November 2020

Manipal School of Nursing, MCON, MAHE, Manipal organized a guest lecture by Mrs Sylvia Carol Mendonca (Diploma Nursing batch 2005-09), Infection Control Officer, Burjeel Royal Hospital, Abu Dhabi, United Arab Emirates on 20 November 2020.

Mrs Sylvia spoke on the topic “Comprehensive Covid-19 Guidelines for Healthcare professional”. She highlighted on epidemiology, laboratory diagnosis, infection prevention and control, contact tracing, management of healthcare workers exposed to Covid-19, patient transport, treatment, and management of deceased bodies in the mortuary.

A total of 101 participants including interns and final year diploma nursing students (87) along with the faculty members (14) of MSON, Manipal attended the guest lecture.



## STUDENT NURSES' ASSOCIATION (SNA) ACTIVITIES

### SNA election

SNA 2019-2020 conducted elections for the SNA 2020-2021 on 12 November 2020, via MS teams using Microsoft forms. Students from present fourth year to second year casted their vote and elected the cabinet members.

### SNA handing over ceremony - 16 December 2020

Student Nurses Association 2019-2020 organized handing-over ceremony through virtual mode via MS Teams. The second issue of “MCON DRONE”, a bi-annual E-newsletter was released by Dr Judith A. Noronha, Associate Dean, MCON, MAHE, Manipal. There were a total of 27 faculty members and 72 students present for the handing over.

Position	Candidate elected	Position	Candidate elected
President	Simson Dsouza	Health and social welfare chairperson	Divya Rajan
Vice President	Vinita Rosa Monis	Health and social welfare secretary	Sandra Mariam Jacob
Secretary	Tino Tomy	Sports chairperson	Arun R
Joint secretary	Aksa David	Sports secretary	Naveena Jose
Treasurer	Jerish Reji Thomas	SNA club chairperson	Helen Elizabeth Mathews
Joint treasurer	Philip Roy	SNA club secretary	Ankita Pal
Education chairperson	Shwetha Elizabeth Jose	Cultural chairperson	Marina S Dsouza
Education secretary	Kezia Mariam	Cultural secretary	Anagha Sebastian
Health education chairperson	Viola Josna Mathias	Judiciary chairperson	Riya Issac
Health education secretary	Sicil Maria Siby	Judiciary secretary	Sharath Tom

### Upcoming Events (January – June 2021)

<b>World Leprosy Day</b>	<b>World TB Day</b>
<b>Annual Day</b>	<b>World Health Day</b>
<b>World Cancer Day</b>	<b>Midwifery Day</b>
<b>Lamp Lighting</b>	<b>International Nurses Day</b>
<b>National Deworming Day</b>	<b>Menstrual Hygiene Day</b>
<b>International Women's Day</b>	<b>International Day of Yoga</b>