



# The Messenger

Annual Alumni newsletter

July 2019

GOVT. COLLEGE OF NURSING, KOTTAYAM

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## OFFICE BEARERS

Patron:

**Dr. Valsamma Joseph**

President:

**Dr. Philomina Jacob**

Vice president:

**Mrs. Shila B.**

Secretary:

**Mrs. Mary Joseph**

Joint secretary:

**Ms. Rema T.U.**

Treasurer:

**Mrs. Laly Paul**

Editor:

**Mrs. Rakhi Manjooran**

## BATCH REPRESENTATIVES

### M.SC NURSING

Mittu mathew  
Seethumul Shaji

### B.SC NURSING

Ms. Rema T.U.  
Dr. Roy K. George  
Mrs. Reena Thomas  
Mrs. Sindhumol N.T.  
Mrs. Susan Lalu

### GNM

Mrs. Nissy P.S.  
Ms. Aleyamma George

## Patron's Message

Dear Alumni,



**Dr. Valsamma Joseph**  
Principal, GCNK

Govt. College of Nursing, Kottayam is a pioneer institution of academic excellence in education offering quality nursing education. It has witnessed an enormous number of intelligent and talented students from different backgrounds and cultures living together as a single family. We are now crowded with around 400 students in various nursing education programmes from GNM to Ph.D in Nursing. The focus on research and the quest for airing of knowledge, being the cornerstone of the legacy of this college, has brought many laurels making it outstanding and unique. The year 2018-19 itself, four faculty were awarded with Ph.D in Nursing. Today our students and scholars cover the globe in their search for knowledge and their contributions make a difference everywhere.

With extreme delight I announce this latest issue of annual alumni newsletter, The Messenger 2019. Impressive accomplishments by our students, faculty and alumni are featured along with stunning and fascinating photographs of campus life. Our college is renowned for upholding close ties with its students once they graduate and become elite members of the alumni community. I hope this newsletter will help our alumni to strengthen the bond with their alma mater and stay abreast with the events and happenings in the college providing opportunities to contribute to the growth and development.

The annual alumni meet, Smriti 2019, is an excellent juncture for all the alumni to come together and reconnect, recollect and bridge the past with the present. The event is organized as a tribute to the marshalls of the 8 thbatch B.Sc. nursing students on their silver jubilee of graduation from this college.

We look forward to hear your achievements which would be an inspiration and motivation for the current students. We whole heartedly welcome your creations for the forthcoming newsletters and insist you to stay connected and visit us whenever possible. We urge you to come and become a part in greasing the wheels of this institute so as to emerge into a stronger, powerful, prestigious and an eminent one.

I appreciate the great effort put forward by the office bearers of Alumni for honouring jubilarians, teachers and alumni members for their great professional achievements. I want to thank all of you for the amazing support you have extended to the Alma mater. I invite all of you to browse the website and look forward to welcoming you in becoming a part of the Govt. College of Nursing family.

I wish all alumni and their families best wishes and a great success.

May God bless you all.



**Dr. Philomina Jacob**

## **PRESIDENT'S PEN**

I am very happy that we are able to release the news letter this year also in connection with the silver Jubilee celebrations of 8th batch of B.Sc Nursing students.

The office bearers of the association especially the faculty members of the college are taking great efforts to keep the association live in many areas.

The alumni of Government College of Nursing Kottayam are spread globally and their performances make difference everywhere. Congratu-

lations to the alumni members who are playing multiple roles in the society. Personal and professional achievements of the members, teachers and the family members of alumni during the past year are specially appreciated.

We, as alumni, feel proud to understand that our Alma Mater is a centre of excellence in many areas of nursing education.

A special note of thanks to the Principal, faculty and other staff and students of Govt College of Nursing Kottayam for promoting the activities of the alumni association and providing an occasion for us to meet every year.

## **From the Editor's Desk**

Govt. College of Nursing, Kottayam is a beacon of eminence in all spheres of nursing education. Alumni, the ambassadors of an institute, keep on expanding our global reputation. The existing students look up to the distinguished alumni as examples to emulate. Let us celebrate the many great stories of accolades won by them.

Welcome to another edition of The Messenger, Annual alumni newsletter. We have made a

humble attempt to reflect the strength of the bond we cherish, revitalise old memories and bring students of yesterday and today in one platform. This newsletter will keep abreast with all activities in the college so that you can stay connected while you are away.

We are always keen to hear more from all of you. Hope you enjoy reading this.

**Rakhi Manjooran**





# ALUMNI UPDATES

## RETURN TO THE CAMPUS: SMRITI 2018

**SMRITI 2018**, annual alumni meet held on 4/8/2018, at GFATM hall, Govt. CON Kottayam was a tribute to the jubilarians of 7th batch B.Sc nursing students. The meeting was officially inaugurated by Mrs. Molly K.T., Principal, Amrita College of nursing, Ernakulam. The event witnessed the honouring of 7<sup>th</sup> batch B.Sc nursing students and their teachers. Alumni who acquired Ph.D. and rank holders were awarded . New office bearers were elected.

## GLIMPSES OF ALUMNI MEET 2018



## SMRUTHI 2019

Annual alumni meet will be held on 06/07/2019 with special reference to the jubilarians of 8<sup>th</sup> batch

B.Sc nursing

### JUBILARIANS- 8<sup>TH</sup> BATCH B.SC NURSING

1. Asokan M.
2. Rajan
3. Sheeba C.N.
4. Topsy Jose
5. Sandhya S.
6. Minimol T.M
7. Elizabeth G.
8. Sheela P.S.
9. Sindhu John
10. Sindhu John
11. Renjitha Priyadarsini
12. Minimol Mathew
13. Somia Joseph
14. Hema A.V.
15. Maya Annie John
16. Salma
17. Sunitha K.G.
18. Aisha Ben (Director Of Nursing, Sanfrancisco, California)
19. Liny James (Charge Nurse, Central State Hospital, Virginia, USA)
20. Bincy Cyriac (Infection Control Specialist, National Maternity Hospital, Dublin)
21. Delvia George (Family Nurse Practitioner, North Broward Hospital, Florida.)
22. Sheeba Bhasker ( Nursing Tutor, Govt. School Of Nursing, Muttom)
23. Rajesh D. ( Manager, Operational Risk, The Global Fund, Geneva)
24. Mary Joseph (Assistant Professor, Govt. College of Nursing, Kottayam)
25. Sheena P.V.(Professor, SME, CPAS, Manimalakunnu)
26. Solly V. James (Registered Nurse, Kaiser Riverside Medical Center, California)





## CONTRIBUTIONS

- For the updation of college website
- Charity: rs.25,000/- for treatment of an employee's son MCH, kottayam
- Induction training of 33rd batch B.Sc nursing students
- Rs. 50,000 for hostel renovation
- Rs. 25,000 for KUHS evaluation camp

## ENROLMENT OF NEW MEMBERS

33<sup>rd</sup> batch B.Sc nursing and 18th batch GNM enrolled as new members followed by interactive session, 'Fuel for life', by Mr. Aby Daniel (Clinical Psychologist)

## FLOOD RELIEF ACTIVITIES

Alumni members actively participated in the flood relief activities organised in various places of Kottayam district.



## ALUMNI IN NEWS

Dr. Roy K.George, 1<sup>st</sup> batch B.Sc nursing student, was elected as TNAI national president. Currently he serves as Principal, Baby Memorial College of Nursing, Kozhikode.



## CONGRATULATIONS

Ms. Adheena Elsa Roy, daughter of Dr. Roy K.George, secured 2<sup>nd</sup> rank in All India SSCE.



## **FACULTY NEWS**

### **4 FACULTY WERE AWARDED WITH PH.D**



Dr. Julie Joseph  
Professor  
Community Health Nursing



Dr. Sr. Lucy Claire  
Associate Professor  
Community Health Nursing



Dr. Betty P. Kunjumon  
Asst. Professor  
Medical Surgical Nursing



Dr. Rajalekshmi K.  
Asso. Professor  
Pediatric Nursing

### **FACULTY IN NEWS**



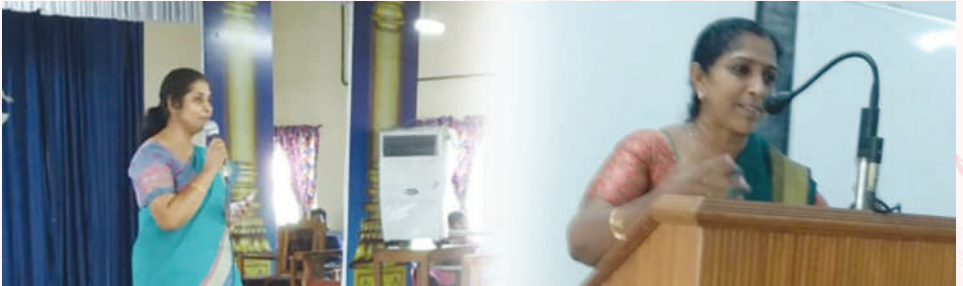
Venus International Foundation awarded Venus International Healthcare Award For Excellence In Pediatric Nursing to Dr. Valsamma Joseph, Principal on 29/9/2018

Research abstracts in Nursing, compiled by Dr. Valsamma Joseph, Principal, released on 30/10/2018 in KUHS



Dr. Sreedevi T. R. Associate Professor was awarded with The Best Teacher Award, the first of its kind by KUHS and received the award from the Hon. Chancellor Dr. P. Sathasivam, Governor of Kerala.

### **FACULTY DEVELOPMENT PROGRAMMES**



- Stress Management-  
Dr. Sisy Jose, Asst. Prof., GCNK
- Women Empowerment on International Women's Day by Dr. Rosamma Sony, HOD, Department of History, K.E. College, Mannanam
- SUJOK Therapy-Dr. Bibin Kesavan, Member and Faculty of International SUJOK Association-16/4/2019

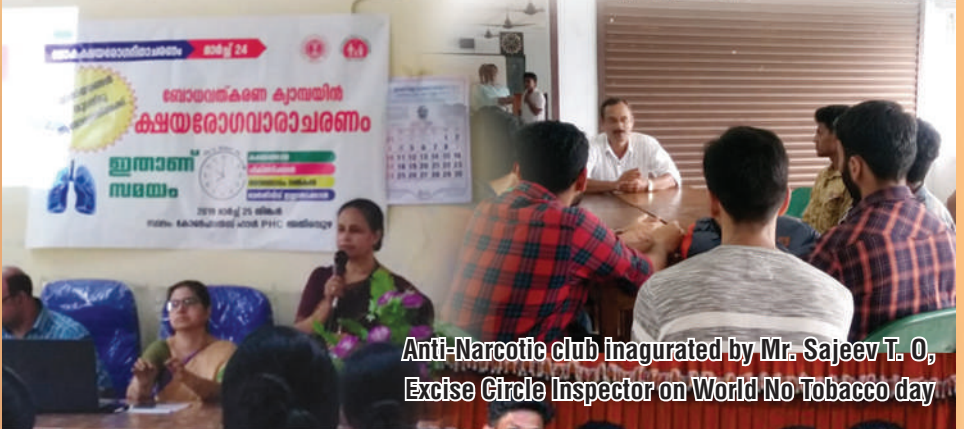




## STUDENT HAPPENINGS

### EDUCATIONAL

### OBSERVANCE OF INTERNATIONAL DAYS



- Induction programe conducted for 33rd batch B.Sc Nursing students.
- Eductional session on tb was conducted by Dr. Renjini, RNTCP Officer MCH Kottayam- 13/02/19
- A session on positive thinking was taken by Prof. Gireesh – 20/02/19



## ***SPORTS***



Ms. Teena Mary Sebastian  
State Cycle Polo Champion.



SNA east zone sports competition

## ***CULTURAL***

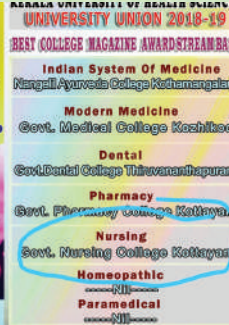
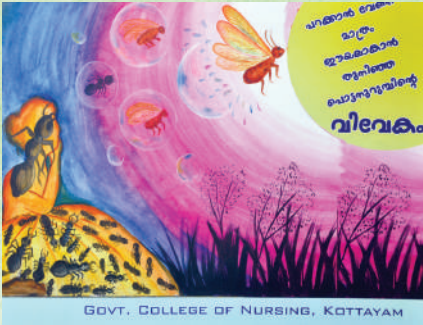


- College union inauguration "DYUTHI- 2019" held on 02/02/19.
- Dr. Arun. S. Tonio 'kalapradhibha- 2019-20' KUHS inaugurated the Arts Club.
- Arts Day 'POORAM 2019' Highlights





- Best college magazine award



- Ms. Lekshmi Vasu-2nd prize in face painting, State Level KUHS Arts Fest

**SOCIETAL**



- 10<sup>th</sup> anniversary of geriatric club





ആരോഗ്യബോധവൽക്കരണ പരിപാടി

മാനന്തം: കോട്ടയം ഗവൺമെന്റ് കോളേജ് ഓഫ് നഴ്സിംഗ് നാലാം വർഷം ബി.എസ്സി വിദ്യാർത്ഥികൾ, കൗമാര ആരോഗ്യത്തെ സംബന്ധിച്ച ആരോഗ്യ ബോധവൽക്കരണ പരിപാടി മാണന്തം. സഞ്ജയൻ എ.എസ്. ഹയർ സെക്കന്ററി സ്കൂളിൽ നടത്തി. സുകുൾ പ്രിൻസിപ്പൽ ഫാ. ജോർജ്ജ് പ്രിൻസിപ്പൽ ഡോ. വസന്തമ ജോ സാഹായകത വഹിച്ച സമ്മേളനത്തിൽ പിടിഎ അംഗവും പഞ്ചായത്ത് ഹൈന്ദവ കൂട്ടായ്മയും, നഴ്സിംഗ് കോളേജ് വൈസ് പ്രിൻസിപ്പൽ ഡോ. ഉഷ വി.കെ, സുകുൾ ഹെഡ്മാസ്റ്റർ ജോണി ഫിലിപ്പ് എന്നിവർ പ്രസംഗിച്ചു. പ്രൊ. ജൂലിയ ജോസഫ് വി.കുമാരവരണം നടത്തി. കുട്ടികൾക്കായി ലഘുനാടകം, പാ വകളി, വീഡിയോ പ്രദർശനം, സിപിആർ ഡെമോൺസ്ട്രേഷൻ, ആരോഗ്യബോധവൽക്കരണ പ്രദർശനം എന്നിവയും ഒരുക്കിയിരുന്നു.



Aarogya Sandesha Yathra at Ettumanoor



Ms. Sreelakshmi Soman Conducted Ottamthullal on prevention of communicable diseases at Gandhinagar





Dr. C.P. Vijayan- was awarded with 'The Best Teacher Award' in the field of Medical Education by KUHS and currently he is the Controller of Examination in KUHS.



Mrs. Praseetha R- Head Nurse, MCH, Kottayam, was awarded with 'Best Nurse Award' in Kottayam district.

### **OBITUARY**



- Mr. John Thomas  
Clerical Attender passed away on 20/12/2018

*Hi Mary,*

*For Alumni speaks;*

*College of nursing I remember the first day , curious and excited to know what it holds for me. Turned out it was a great experience at CNK to grow intellectually, socially and even spiritually .I thank all my teachers and my classmates and the college board for molding me to who I am today.*

*With gratitude, Delvia George Vathielil*

*Sure, Delvia Vathielil MSN APRN FNP-C*

*North Broward hospital district*

*Coral Springs Florida*

*Family nurse practitioner*

*Thank you "Keep us informed of your accomplishments, joyous occassions, continuing learning and*