



SRI RAMACHANDRA

INSTITUTE OF HIGHER EDUCATION AND RESEARCH

(Category - I Deemed to be University) Porur, Chennai

N-Mind 2021 issue

*An official Newsletter of
Sri Ramachandra Faculty of Nursing*



Contents

Spot light
Round up
Classic reprint
Student corner
Alumni corner
Upcoming events
Cheer up

PATRON

Shri. V.R. VENKATAACHALAM

Chancellor

ADVISORY BOARD

Dr. P.V. VIJAYAARAGAVAN

Vice-Chancellor

Dr. MAHESH VAKAMUDI

Dean of Faculties

Dr. K.V. SOMASUNDARAM

Professor of Eminence & Advisor (Academic)

EDITOR-IN-CHIEF

Dr. S.J. NALINI

Principal

EDITOR

Dr. ANITA DAVID

Reader & HoD, Paediatric Nursing

CO- EDITOR

Dr. R. POONGODI

Assoc.Professor

EDITORIAL BOARD

Mrs. P. GEETHA

Lecturer

Mrs. D. GEETHA

Lecturer

Mrs. S. NALINI

Lecturer

STUDENT MEMBERS

Mr. V. SUDHARSHAN RAJ

B. Sc Nursing (Basic) IV Year

Ms. J. REXY JENITA

MSc Nursing II year

Ms. H. ANGELIN SHANTHA KUMARI

MSc Nursing (NPCC) II year

Ms. M. GAYATHRI

BSc Nursing (Post basic) II year

SECRETARIAL ASSISTANCES

Mrs. P. DEEPIKA

Mrs. R. REVATHI

EDITOR'S NOTE

Dear N-Mind's Viewers

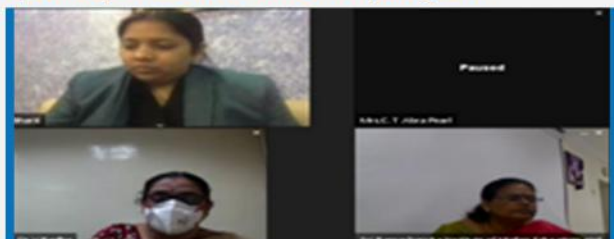
It gives me a colossal pleasure to present our college's "N- Mind" 4th issue. This issue divulges about all the events that took place from January to December 2021. It projects all the activities done by our students and the rigorous encouragements of all the faculty members in our renowned institution which aids in affixing more feathers to every student's wings. It also brings out the talent and uniqueness of each and every faculty member who've spotlighted their essential qualities and accomplishments in various aspects which again stands out as an extreme delight, honour and fortitude of our college. I hope with full commitment and determination that this issue will serve it's antecedent and goal in enabling every student of our college to soar higher. I wish all the fellow faculty, the prosperity in this field and would like to take their assurance to scale up the status of our college. I sincerely hope that the esteemed readers will find the present issue more intriguing, instructive and pragmatical.

With Gratitude,
Dr. Anita David

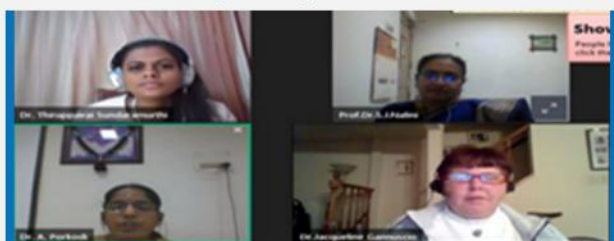
Sri Ramachandra Faculty of Nursing organised Virtual International Conference on 30th April, 2021 with the theme "Journey to Futuristic Nursing: Opportunities and Challenges". Prof. Dr. P.V. Vijayaraghavan, Vice-Chancellor, SRIHER(DU) inaugurated the program. 291 participants attended the programme.



Webinar on "Maternal and New born care In Current Era" was organised on 18th January 2021 by the Department of Obstetrics & Gynaecology Nursing, Community Health Nursing & Paediatric Nursing. 240 participants attended the program.



International Webinar on Clinical Care Pathways was organised by Department of Medical & Surgical Nursing, Nursing Foundation & Psychiatric Nursing on 12th February 2021. Dr. Jacqueline Gannuscio, Nurse Practitioner, Washington DC, USA highlighted the characteristics of clinical care pathway. Totally 993 members had participated.



INNOVUS 2021 – 2nd Virtual National Nursing Science Exhibition was organised on 27th July 2021 with an aim to provoke young nursing students' minds and exhibit their inner talents. 106 participants virtually exhibited their innovative ideas in the form of short videos and e-posters.

A team of faculty members namely Prof. Dr. S. J. Nalini, Principal, Dr. S. Rajeswari, Reader, Dr. C. Ramesh, Assistant Professor, Mrs. G. J. Sara Sapharina, Lecturer and Mr. B. Thangaraj, Lecturer conducted a Quiz program in lieu of Nurses Day celebration organised by TNNMC on 11th May 2021.

Sri Ramachandra Faculty of Nursing in collaboration with Ministry of Health and Family Welfare, Government of India & DGHS organized training for Nurses working in SRMC, SRH and outgoing Nursing students of UG and PG students on National Training of nurses for capacity building for management of children in COVID-19 Pandemic and preparedness of nursing professionals against the 3rd wave from 3rd to 30th September 2021 in batches. Total number of participants was 473.



The 28th Lamp Lighting program for B.Sc. Nursing (Basic) first year was held on 22nd September 2021. Dr. S. Kanchana, Principal and Research Director for International Centre for Collaborative Research, Omayal Achi College of Nursing was the Chief Guest. 100 novice nurses lighted their lamps from senior faculty members and took charge with the Nightingale pledge.



University Graduation Day for Sri Ramachandra Faculty of Nursing and Faculty of Pharmacy was held on 11th December 2021. Prof Dr. S.J. Nalini welcomed the gathering and highlighted the report of constituent units. Prof. Dr. S. Ani Grace Kalaimathi, Registrar, Tamil Nadu Nurses and Midwives Council was the chief Guest. Thiru. V.R. Venkatachalam, Chancellor felicitated the chief guest.



In association with Golden Butterflies Children's Palliative Care, Sri Ramachandra Faculty of Nursing organized a webinar on Paediatric Palliative Care on 4th June 2021 for 101 students. Sr.Hanife Mac Gamwell, Nurse Specialist, Oncology and Hospice Palliative Care UK highlighted the Nurses' role in Paediatric Palliative Care.



The Basic course workshop in Education technologies was conducted by Nursing Education Unit under the banner of Sri Ramachandra Centre for Health Professional Education (SRCHPE) from 28th to 30th December 2021. 32 faculty members participated.



NEW VENTURES OF SRI RAMACHANDRA FACULTY OF NURSING!

- ❖ Online Orientation program for International students was organized on 5th August. Prof. Dr. S.J. Nalini presented an overview about the Sri Ramachandra Faculty of Nursing.
- ❖ Sri Ramachandra Faculty of Nursing organised second virtual round table discussion with University of Wisconsin Oshkosh, USA and Catholic University of Santa María, Peru on the topic: "Formative and summative evaluation in Nursing Education – Student Perspectives." on 11th November 2021. Totally 18 Students were involved in discussion.

RECOGNITIONS (Resource Person)

Name of the faculties	National / International	Topic	Theme	Date	Organizer
Dr. S. J. Nalini Professor &Principal	National Webinar	Reporting Guidelines for review (Literature/ Systematic/Scoping)	Literature/ Systematic/Scoping Review	28.01.21	ManikakaTopawala Institute of Nursing A constituent of Charotar University of science of Technology, CHARUSAT
	National	Snippet of OSCE/OSPE-Advance Planning	Workshop on OSCE/OSPE Evaluation strategies	30.01.21	Sponsored by Government of India, Organized by TNNMC at Omayal Achi college of Nursing
	National Webinar	Strategies and techniques for enhancing nursing research and practice	Leadership Challenges in bridging gap between Nursing Education, Practice and Research	12.2.21	Organized by SRM College of Nursing, SRMIST
	National Webinar	Accreditation in Nursing	Governance & Leadership optimizing Nursing education & Service	24.2.21 – 26.2.21	MGM New Bombay College of Nursing
	National	Health care team and communication	Panel discussion – Orientation program	27.2.21	1 year MBBS, SRMC
	International Webinar	Safe Motherhood: Advocacy to action	Harbinger of Safe Motherhood: Challenges and Opportunities	12.04.21	Department of OBG Nursing, PSG college of nursing, Coimbatore
	International Webinar	Journey to futuristic nursing: opportunities and challenges	"Journey to futuristic nursing: opportunities and challenges	30.04.21	Organized by SRFON, SRIHER

Name of the faculties	National / International	Topic	Theme	Date	Organizer
Dr. S. J. Nalini Professor &Principal	State	Quality Initiatives on Nursing Education	Faculty Development Program	11.5.21	NITTE Institute of Health Sciences, Mangalore
	National Webinar	"Follow the data invest in midwives"	International Midwifery Day Celebration	17.06.21	Apollo Hospitals & Apollo CON, Chennai partnership with Association of Nurse Executive India, Tamil Nadu chapter
	International webinar	Innovative teaching strategies and learning paradigm in nursing education	Exploring self: A new paradigm in Education	21.6.21-22.6.21	Kalinga Institute of Nursing Sciences, KIIT Campus, Bhubaneswar
	International Webinar	Introduction to Systematic Reviews and Meta analysis	Systematic Reviews and Meta analysis	27.7.21	School of Nursing Science and Research, Sharda University, Greater Noida
	Virtual National conference	Evidence-based practice in Nursing	"Evidenced based practice through innovative Research"	18.9.21-22.9.21	Nursing Scholar Society in collaboration with Christ College of Nursing, Rajkot
	National	Assessment on Competency Based Education	Competency Based Education-A Novel Approach	27.10.21	Vinayaka Mission's Research Foundation & Vinayaka Mission CON
	National	Improving credibility of Research Publications: Role of Mentors	Strengthening Nursing Scholarship through Publications.	26.11.21-27.11.21	Yenepoya Nursing college, Mangalore, Karnataka
	Regional	Writing Instructional Objectives	FDP on Basic Course Workshop in Education Technology	28.12.21	NEU of SRFON,SRIHER(DU)
Dr.S. Rajeswari Reader &HOD	National Webinar	Implementing parent craft education –Challenges	Maternal and Child Care in Current era	18.01.21	SRFON, SRIHER(DU)
Dr. A. Porkodi Reader & HOD	National	Panellist in the webinar on clinical care nursing during Covid-19 pandemic- challenges and strategies	"Clinical Care Nursing during Covid-19 Pandemic: Challenges and Strategies"	21.5.21	Society for Critical Care Nursing
	National	Defining authorship role in research article publication	"Evidence based practice through innovative research"	22.9.21	Nursing scholar society and Christ college of nursing
	National	Course Coordinator – organized a course as a state representative of society of cardiac Nurses (India) on research methodology and statistical analysis	Research Methodology & Statistical Analysis Course for Nurses	24.9.21-12.11.21	Society of Cardiac Nurses (India)
	National	Case presentation on nursing management of patients with Myocardial infarction - Perioperative cardiac nursing module	Perioperative cardiac nursing	24.3.21	Society of Cardiac Nurses (India)
	National	World heart day – talk show on know your heart	Use heart to connect	29.9.21	Society of Cardiac Nurses (India)

Name of the faculties	National / International	Topic	Theme	Date	Organizer
Dr. A. Porkodi Reader & HOD	State	Appointed as a content writer for the CNE- short term course on Infection prevention and control nursing (Theory)	Infection prevention and control nursing (Theory)	11.10.21	The Tamil Nadu Nurses and Midwives Council, Chennai
Dr. C. Ramesh Asst. Professor	National	Learning outcomes and Competency Based Education	Basic Course Workshop on Educational Technologies	28.12.21	Sri Ramachandra Centre for Health Professionals Education and Nursing Education Unit, SRIHER
	National	Development of Research Instrument	Research Methodology & Statistical Analysis Course for Nurses	29.10.21	Society of Cardiac Nurses (India), New Delhi
	National	Reference management using Mendeley & Endnote	WYHF Research Methodology & Biostatistics Workshop	09.10.21	World Youth Heart Federation in association with CliMed Research Solutions, Haryana
	National Workshop	Preparing a scientific manuscript for publication and reference management using Mendeley software	Biomedical Research Methods	05.09.21	Vallabhnbhai Patel Chest Institute (VPCI), University of Delhi, New Delhi.
	National	Research Designs	Research Methodology Online Course Series	27.07.21	Clinical Nursing Research Society (CNRS), Sirohi, Rajasthan
	National Webinar	Reference management using Mendeley software and tips for scientific paper writing	Research Methods	06.07.21	Nitte Usha Institute of Nursing Sciences, NITTE (DU), Mangalore
Dr.A. Manjula Lecturer	National	Community based plan-Lowers cardiovascular risk	Use Heart to connect	2.09.21	Dept. of Medical Surgical Nursing, Dept of Cardiology & Society of Cardiac Nurses (India)
	National	Current Age of Menarche: A Cross Sectional Study	Research Methodology and statistical analysis course for Nurses	24.10.21	Society Of Cardiac Nurses (India) with ECHO India.
Dr.A.Seetha lakshmi Reader & HOD	International Webinar	Member of a panel on topic Future directions for Nursing Education	Journey to futuristic Nursing: Opportunities and challenge	30.04.21	SRFON, SRIHER (DU)
	International	Evidence-based clinical intervention for a patient with MODS	Clinical care pathway	12.02.21	SRFON, SRIHER (DU)
	National	Implementation of OSCE/OSPE.	Workshop on OSCE and OSPE Evaluation strategies	30.1.21	TNNMC and Omayal Achi College of Nursing
Ms.P.Geetha Lecturer	State	Compilation and Validation of OSCE / OSPE Bank for B.Sc. Nursing students	Workshop on OSCE/OSPE Evaluation strategies	17.2.21	TNNMC and Omayal Achi CON, Chennai

Name of the faculties	National / International	Topic	Theme	Date	Organizer
Dr. Anita David Reader & HOD	National	Use of drugs in PALS	Training programme on BLS/ACLS /PLS/PALS/AED-MoH FW-Government of India-Organized by TNNMC	20.02.21	Rajalakshmi College of Nursing
	State	Assessment of Highrisk Newborn	Workshop on Basic New born Care and Resuscitation Programme (BNCRP)	05.03.21	SRM Hospital
	State	Neonatal Problems	Workshop on Basic New born Care and Resuscitation Programme (BNCRP)	30.03.21	Apollo College Of Nursing
	Regional	Assessment of Critical Ill Child in workshop on Hands on skills	Training on Pediatric Advance Life Support	18.02.21 - 19.02.21	SRIHER(DU)
Mrs. D.Geetha Lecturer	National	Compilation and Validation of OSCE / OSPE Bank for B.Sc. Nursing students	OSCE/OSPE Evaluation strategies	17.2.21	Rajalakshmi CoTNNMC and Omayal Achi College of Nursing
Prof. Dr.S. Santhi Vice-Principal	State	Preparation of content on Counselling – Elderly and caregiver-	Geriatric Nursing Practical Aspects	28.10.21	TNNMC
	State	Promoting positive mental health for COVID-19 warrior	Faculty Development Programme	24.09.21 - 28.09.21	SRIHER(DU)
	State	Principles of adult learning	Faculty Development Programme	28.12.21 - 30.12.21	Sri Ramachandra Centre for Health Professional Education ,SRIHER(DU)
Prof. Dr. G. Neelakshi	State	"Interpersonal relationship (IPR) and seeking support"	Faculty Development Programme	24.09.21 - 28.09.21	Sri Ramachandra Centre for Health Professional Education ,SRIHER(DU)
Mrs. S. Nalini Lecturer	State	Workplace communication	Faculty Development Programme	24.09.21 - 28.09.21	Sri Ramachandra Centre for Health Professional Education ,SRIHER(DU)
	State	Usage of Smart Board	Faculty Development Programme	28.12.21 - 30.12.21	Sri Ramachandra Centre for Health Professional Education ,SRIHER(DU)
Mrs. G.J. Sarasapharina Lecturer	State	Self-care management	Faculty Development Programme	24.09.21 - 28.09.21	Sri Ramachandra Centre for Health Professional Education ,SRIHER(DU)
Dr. S. Aruna Reader & HoD	National	Virtual Panel Discussion on Building a fairer, Healthier World	Building a fairer ,Healthier World	16.04.20	Yenepoya Nursing College, Mangaluru

Awards

S.No	Name of the faculty	Award	Date	Agency
1	Dr. S. J. Nalini	Teaching Excellence Team Award 2020-Nursing Education Unit	18.09. 2021	SRIHER (DU)
	Prof. Dr.S.Santhi			
	Dr.S.Rajeswari			
	Dr.A. Seethalakshmi			
	Mrs.P. Vijaya Samundeeswari			
2	Dr.A. Seethalakshmi	Thiru.Govinda Rao Gold Medal for Best research publication in nursing with impact factor of 0.89- 2019	18.09. 2021	SRIHER (DU)
		Teaching excellence award for the year 2020	18.09. 2021	
3	Prof. Dr. S. Santhi	Best research paper award at 20 th Annual Conference of Indian Society of Psychiatric Nurses (ISPNC-2021). Theme – Mental Health Issues of Covid-19 Pandemic: Nurses Role (Mode- Online)	03.11.2021	ISPNC in collaboration with Maharishi Mark and Eshwar College of Nursing, Maharishi Markandeshwar (DU)Mullana, Ambala,Haryana
4	Mrs. G.J. Sara sapharina, Lecturer	Best research paper award at International E-Conference on "Research Methodology: Research Integrity and Visibility to Optimize Research Engagement – Pave the Way"	18.12. 2021	Parul Institute of Nursing, Parul University, Vadodara
5	Mrs. K. Kavitha Lecturer	Best research paper on "Relationship between Resilience and Perceived Social Support with hope among Hemodialysis Patients at tertiary care hospital" at 2 nd International Conference on Nursing Science and Healthcare	17.06.2021	Society for Nursing Practices and Bio LEAGUES ,College of Nursing ,SRM
		Best research paper award for the paper on "Age of menarche among girls at organized by Tamil Nadu" in international conference, Endo update 2021-Theme Puberty,	09.10.2021	Trivandrum medical college in collaboration with Traven core endocrine associates
6	Ms.P.Geetha Lecturer	National I prize for the Best Research Paper Award for "Attitudes and beliefs on motivation for rehabilitation among stroke patients" at 2 nd International nurses conference ICNSH 2021	22.05.2021	Society of Nursing Practice Bio leagues worldwide in collaboration with SFNP SRM University, Chennai
7	Mrs. Sara Sapharina .G.J. Lecturer (Guide) Student-Ms. Gayathri Devi.G	Award of Chancellor's Summer Research Fellowship Grant for UG Students SRIHER (DU)-2021 Title of the study-Impact of Corona Virus Disease 2019 on the psychological experience among University students: An online Cross-sectional study.	22.06.2021	SRIHER (DU)

Awards

S.No	Name of the faculty	Award	Date	Agency
8	Dr. R. Poongodi Assist. Prof. (Guide) Student – Ms. S. Padmavathi	Award of Chancellor's Summer Research Fellowship Grant for UG Students in SRIHER (DU) Title of the study- A study to assess the prevalence of hearing loss using Automated Technology Based Speech In Noise Test and e-Ear Health for Students in online Academic programme.	22.06.2021	SRIHER (DU)
9	Mr. B.Thangaraj Clinical Instructor (Guide) Student- Mr. M. Annamalai	Award of Chancellor's Summer Research Fellowship Grant for UG Students in SRIHER (DU) Title of the study- Student attitudes and perception towards the integration of YouTube in Online and Hybrid classes.	22.06.2021	SRIHER (DU)

Paper Presentation

Name of the faculties	National / International	Topic	Theme	Date	Organizer
Dr. A. Porkodi Reader & HOD	National	Effectiveness of Nurse-led intervention on biochemical parameters, nutritional status and quality of life among patients with liver cirrhosis admitted in Hepatology department at a tertiary care hospital.	Scientific paper presentation competition- 2021	24.4.2021	Malankara Orthodox Syrian Church Medical College, College of Nursing, Kolencherry , Kerala
	International	The Impact of nursing strategies on risk for pneumonia among the patients connected to mechanical ventilator in critical care unit- Virtual conference	Closing the Gap in Nursing Teaching and Practice	23.6.2021 - 24.6.2021	College of Nursing, Chettinad Academy of Research Education, Chennai
Dr. A. Manjula Lecturer	International Webinar	Assessment of Health-related quality of life among patients with Diabetic foot ulcer	"Journey to futuristic Nursing" opportunities and challenges	30.4.2021	SRFON, SRIHER (DU)
	National Webinar	Impact of covid-19 on lifestyle changes among diabetic patients	Clinical advances in diabetes and endocrinology	27.8.2021 - 29.8.2021	Endocrine society of Tamilnadu and Puducherry.
Dr. S. Rajeswari Reader&HOD	International Webinar	Effectiveness of Snoezelen therapy on labour duration and maternal satisfaction among parturient in a tertiary care hospital	"Journey to futuristic nursing: opportunities and challenges	30.4.2021	SRFON, SRIHER (DU)
	International	Knowledge and practice of biomedical waste management among undergraduate nursing students tertiary care hospital	2 nd International Virtual Conference on nursing science and health care	21.5.2021 - 22.5.2021	Society for nursing practice & Bio Leagues worldwide and co organized SRM College of Nursing

Name of the faculties	National / International	Topic	Theme	Date	Organizer
Dr. S. Rajeswari Reader&HOD	National	Effect of Music therapy on breast milk volume & stress among mothers of preterm babies	24 th National e- Conference -2021-Strengthening Nursing Scholarship through Publications.	26.11.2021 - 27.11.2021	Yenepoya Nursing College, Mangaluru, Karnataka
Mrs. V. Santhi Lecturer	International	Presented a paper on Stress among working and non-working antenatal mothers	2 nd International Virtual Conference on nursing science and health care	21.5.2021 - 22.5.2021	Society for nursing practice &Bio Leagues worldwide and co organized SRM College of Nursing
Ms. P. Geetha Lecturer	International Webinar	Family needs of caregivers of stroke survivor	"Journey to Futuristic Nursing: Opportunities and Challenges"	30.4.2021	SRFON, SRIHER (DU)
Dr. K. Sathiya Lecturer	International	Development and validation of pamphlet on care of mouth for patient with radiation therapy-induced oral mucositis	2 nd International Virtual Conference on nursing science and health care	22.5.2021	Society for nursing practice &Bio Leagues worldwide and co organized SRM College of Nursing
	International	Correlation between stress and pain among patients subjected to major orthopaedic surgery	"Journey to futuristic nursing: opportunities and challenges	30.4.2021	SRFON, SRIHER (DU)
Mrs. K. Kavitha Lecturer	International e-Conference	Assessment of knowledge and practice of patients with hypothyroidism in endocrinology department	Shaping the Nurse Practitioner Program in India : The WayForward	15.4.2021 - 17.4.2021	PGIMER-Chandigarh in collaboration with ECHO India.
	International	Assessment of Inhalational techniques and their common errors in Bronchial asthma patients at Tertiary care hospital-International	"Journey to Futuristic Nursing: Opportunities and Challenges"	30.4.2021	SRFON, SRIHER (DU)
	National	Assess the prevalence of Thyroid Dysfunction among Type 2 Diabetic Patients	Clinical advances in diabetes and endocrinology	9.10.2021	Organized by Endocrine society of Tamil Nadu and Puducherry
	National	A study to assess the level of student satisfaction and Self-confidence on CPR learning among undergraduate nursing students at selected College of Nursing in Chennai.	Obstacles and Developments in the field of Nursing Science and Healthcare	01.12.2021 - 02.12.2021	Society for Nursing Practices and Bio-LEAGUES on 1 st and 2 nd December 2021
	National	Assess the level of student satisfaction and Self-confidence on CPR learning among undergraduate nursing students.	Research Methodology and statistical analysis course for Nurses	01.10.2021	ECHO India and Society of Cardiac Nurses, (India)
	National	Electrocardiogram capacity building course for Nurses module on Care of patient with Myocardial Infarction	Perioperative cardiac nursing	18.6.2021	Society of Cardiac Nurses (India) on 18 th June 2021

Name of the faculties	National / International	Topic	Theme	Date	Organizer
Dr. Anita David Reader & HOD	International Webinar	Assess the knowledge on care of children with leukemia among mothers of children admitted in Paediatric Ward	Journey to futuristic Nursing: Opportunities and challenges	30.4.2021	SRFON, SRIHER(DU)
Mrs. D. Geetha Lecturer	International Webinar	Knowledge and attitude on Antibiotic use among mothers of under five children	Journey to futuristic Nursing: Opportunities and challenges	30.4.2021	SRFON, SRIHER(DU)
Mrs. P. Vijaya samundeeswari Lecturer	International Webinar	Psychological wellbeing among adolescents	Journey to futuristic Nursing: Opportunities and challenges	30.4.2021	SRFON, SRIHER(DU)

RESEARCH PUBLICATIONS

1.Nalini S J., Narasimman Swaminathan., Pitchaimani Govindharaj., Latha Ravichandran.,(2021) Evaluating the effectiveness of an online faculty development programme for nurse educators about remote teaching during COVID-19. Journal of Taibah University Medical Sciences , 16(2)
<http://dx.doi.org/10.1016/j.jtumed.2020.11.003>.

2.Renuka K., Kishore M F., Nalini S J., Valli G., Hemachandar R., Jayanthi P.,(2021) Effectiveness of Foot Reflexology on Physiological Variables and Anxiety among Hemodialysis Patients, International Journal of Innovative Science and Research Technology ,6(6)
<https://ijisrt.com/assets/upload/files/IJISRT21JUN817.pdf>

3.Kavitha Ramanathan., Nalini Sirala Jagadeesh., Celina Dayal., Ramesh Chandra babu., MarkHayter., Usha Vishwanath.,(2021) Efficacy of supplementation of probiotics on maternal glycaemic control – A systematic review and meta-analysis of randomized controlled trials. Clinical Epidemiology and Global Health, 10
<https://www.sciencedirect.com/science/article/pii/S221339842030244X>.

4.Praveen Uppu., Manickavasagam M., Nalini S J., K Ramesh Babu., (2021) Efficacy of Mobile Phone Technology for Managing Side Effects Associated with Chemotherapy among Cancer Patients: A Systematic Review and Meta-Analysis. Indian Journal of Medical and Paediatric Oncology, 42(6)
<http://dx.doi.org/10.1055/s-0041-1740120>

5.S Rekha., Vidhya Venogopal., S J Nalini., S Bhuvana., S Kanmani.,(2021) O-370 Hot ambient temperature and its impacts on Adverse Pregnancy Outcome (APO) –A Systematic Review. Occupational and Environmental Medicine,
<http://dx.doi.org/10.1136/OEM-2021-EPI.56>

6.Nalini Sirala Jagadeesh., Seethalakshmi A., Nalini S., Princy Fernando.,(2021) Simulation-Indian nurse educator's perspective, BMJ Simulation and Technology Enhanced Learning,6(1)
https://stel.bmj.com/content/6/Suppl_1/A65.2.

7.Divya., Santhi S., Sara Sapharina G J.,(2021) Effectiveness of neurobic exercise program on memory and depression among elderly residing at old age home. Journal of Complementary and Integrative Medicine
<http://dx.doi.org/10.1515/jcim-2019-0221>.

8.Nalini S., Santhi S., Neelakshi G., V Santhi.,(2021) Family Wellbeing among Caregivers of Patients with Mental Illness. Annals of the Romanian Society for Cell Biology, 25(6)
<https://www.annalsofrscb.ro/index.php/journal/article/download/9019/6585>.

9.V Santhi., Santhi S., Neelakshi G., M Mahadevi.,(2021) A study to assess the level of knowledge on polycystic ovarian disease among under graduate nursing students at Selected Nursing College. Annals of the Romanian Society for Cell Biology,25(6)

<https://www.annalsofrscb.ro/index.php/journal/article/view/10032/7303>.

10.Sunandha., Neelakshi G., G J Sarasapharina., (2021) A Study to Assess the Academic Stress among Nursing Students at Selected Nursing College. Annals of the Romanian Society for Cell Biology,25(6)

<https://www.annalsofrscb.ro/index.php/journal/article/view/5315/4186>.

11.Neelakshi G., Sara Sapharina G J.,(2021) Relationship between Quality of life and Perceived stress among Caregivers of patient with Schizophrenia. International Journal of Research in Pharmaceutical Sciences, 12(1)

<https://doi.org/10.26452/ijrps.v12i1.4166>.

12.Porkodi A., Ramakrishnan T V.,(2021) The Impact of Nurse-Led Cardiac Rehabilitation on Quality of Life and Biophysiological Parameters in Patients With Heart Failure: A Randomized Clinical Trial. Journal of Nursing Research,

<http://dx.doi.org/10.1097/jnr.0000000000000407>.

13.Porkodi A., Melba Sheila Dsouza.,(2021) Efficacy of nurse-led cardiac rehabilitation on health care behaviours in adults with chronic heart failure: An experimental design. Clinical Epidemiology and Global Health, 12

<http://dx.doi.org/10.1016/j.cegh.2021.100859>.

14.Balakumaaran Rajangam Kasirajan., Cecyli Chandrasekaran., Madhana Gopal Thenkumar., Maria Mazarrello Arullappa., Suryakumari Rajasekar., Yugavendhan Subramani., Porkodi A.,(2021) Patients Perception on Readiness for Hospital Discharge. Drugs and Cell Therapies in Hematology,10(3)

<https://www.dcth.org/index.php/journal/article/view/379>.

15.M Jaya Rackini., Shanmuga Priya A., Anita David.,(2021) Effectiveness of Video Game on Bio-Physiological Parameters During Intravenous Cannulation Among Preschool Children. Journal of Complementary and Integrative Medicine .

<http://dx.doi.org/10.1515/jcim-2019-0056>.

16.Vijayasamundeeswari P., Sathiya K., Anita David.,(2021) Psychological Wellbeing Among Nursing Students. Annals of the Romanian Society for Cell Biology,25(4)

<https://annalsofrscb.ro/index.php/journal/article/view/10167/7385>.

17.Geetha Dhandapani., Anita David., Poongodi R.,Roice Koruth.,(2021) Assess the Behavioral Problems of Preschoolers among Working and Non-Working mothers. Drugs and Cell Therapies in Haematology, 10(3)

<http://sriramachandra.researgence.com/AuthorDocument/Publication/1150653.pdf>.

18.Narasimman Swaminathan., Latha Ravichandran., Steve Milanese., Rajeswari S., Sivakumar Ramachandran., Pitchaimani Govindharaj.,(2021) Entry level nursing graduate students' perception and readiness toward online component of blended learning: A mixed method study. Journal of Education and Health Promotion

https://doi.org/10.4103/jehp.jehp_771_20.

19.Anitharani., Rajeswari S., Johnson Pradeep., Jyothi Quadras.,(2021) Alcohol's Effects on Health. International Journal of Recent Innovations in Medicine and Clinical Research, 3(1)

<https://ijrimcr.com/docs/2021/volume3/issue1/IJRI-MCR-07.pdf>.

20.Chokkara Roja., Seethalakshmi A., Anitha Rani M., Alex Eapen.,(2021) Protocol for a Systematic Review of School Based Educational Interventions on Prevention and Control of Malaria. Journal of Clinical and Diagnostic Research, 15(5)

<http://dx.doi.org/10.7860/JCDR/2021/48381.14938>.

21.Lata Mandal., Seethalakshmi A.,(2021) Missed care and nurses' job satisfaction. Journal of Datta Meghe Institute of Medical Sciences University,16(2)

https://doi.org/10.4103/jdmimsu.jdmimsu_130_19.

22.Sathiya K., Seethalakshmi A., Ressay Rachel John., Josna Steffi J., Surya E.,(2021) Development and validation of an educational pamphlet on care of mouth for patients with radiation therapy induced oral mucositis, South India. Annals of the Romanian Society for Cell Biology, 25(6)

<https://www.annalsofrscb.ro/index.php/journal/article/view/10029/7301>.

23.G Sumathi., Hepsibah Sharmil., Aruna S., Arul Annuncia.,(2021) Vaginal Weight Cone For Stress Urinary Incontinence (SUI): What's The Impact On Women's Health?.International Journal of Aquatic Science,12(2)

http://www.journalaquaticscience.com/article_132481_d711ab256fed58b8579998741b765ac.pdf.

24.Aruna Subramaniam., Lisy Joseph Dr., Vinmathi S.,(2021) Spouse's Knowledge and Attitude on Maternal Care. Drugs and Cell Therapies in Haematology,10(3)

<http://sriramachandra.researgence.com/AuthorDocument/Publication/1150484.pdf>.

25.Sathiya K., Vijayasamundeeswari P., Poongodi R.,(2021) Awareness of risk factor and warning symptoms of stroke among patients with hypertension at tertiary care hospital of South India. Research Journal of Pharmacy and Technology,14(11)

<https://www.indianjournals.com/ijor.aspx?target=ijor:rjpt&volume=14&issue=11&article=028>.

26.Abinaya Nagendiran., Kavitha K., Anantharani K.,(2021) Assessment of Knowledge, Practice and Treatment Adherence of Patients with Hypothyroidism in Endocrinology Department. International Journal of Nutrition, Pharmacology, Neurological Diseases,11(3)

http://dx.doi.org/10.4103/ijnpnd.ijnpnd_7_21.

27.R Lakshmi., Geetha D., Vijayasamundeeswari P.,(2021) Assessing the knowledge, attitude, and practice on antibiotic use in under-5 children with respiratory tract infection among mothers attending a pediatric outpatient department. Journal of Public Health.

<https://link.springer.com/article/10.1007/s10389-019-01098-w>.

28.Sangithaa Varsha G., Geetha D., Anita David.,(2021) Effectiveness of Hand Hygiene Video cum Demonstration on Knowledge and Practice, among Mothers of Neonates Admitted in NICU. Journal of Evolution of Medical and Dental Sciences,10(33)

<http://dx.doi.org/10.14260/jemds/2021/571>.

29.Anandhan Divya., Vijayasamundeeswari P., Geetha D.,(2021) Effectiveness of Planned Teaching Program on Knowledge and Practice Regarding Intravenous Therapy among Paediatric Nurses. Journal of Clinical and Diagnostic Research, 15(9)

<http://dx.doi.org/10.7860/JCDR/2021/49129.15412>.

30.L Saranya., Vijayasamundeeswar Shanmugapriya., (2021) Video Assisted Teaching on Knowledge Regarding Weaning among Mothers –Pre Experimental Non Randomized One Group Pretest and Posttest Study. Annals of the Romanian Society for Cell Biology,25(4)

<https://www.annalsofrscb.ro/index.php/journal/article/view/3692/3003>.

31.Lisy Joseph Dr., Trichur Venkatakrishnan Ramakrishnan.,(2021) Tai Chi Therapy Attenuates Biophysiological Status, Pain and Depression in Elderly Subjects. Journal of Evolution of Medical and Dental Sciences, 10(2)

<http://dx.doi.org/10.14260/jemds/2021/21>.

32..Sujatha Shanmugasundaram., Lisy Joseph Dr.,(2021) Nursing faculty attitudes, knowledge and practice towards research & barriers of research utilization in academic and clinical settings. International Academic Journal of Advanced Practices in Nursing,2(1)

<https://doi.org/10.47310/iajapn.2021.v02i01.004>.

33.Guruprasad Rai., Ramesh Chandrababu., Ganesh Sevagur Kamath., Shivashankar Pai B.,(2021) Analogy of Del Nido and conventional cardioplegia in patients undergoing isolated mitral valve replacement surgery: A single-center retrospective study. Clinical Epidemiology and Global Health,12(100829)

<https://doi.org/10.1016/j.cegh.2021.100829>.

34.Ramesh Chandrababu., Felcita Lavina Cuthino., Melita Sheilini.,(2021) The comparison of health literacy between health science and non-health science members-A cross sectional study of multifaceted public health affair. Clinical Epidemiology and Global Health,12(100893)

<https://doi.org/10.1016/j.cegh.2021.100893>.

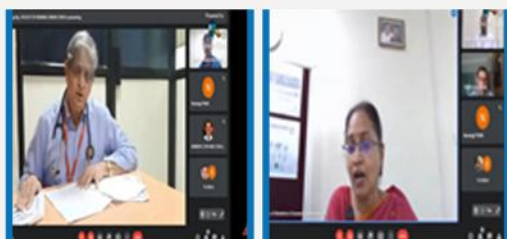
ROUND – UP HIGHLIGHTS OF THE DEPARTMENT

Department of Medical Surgical Nursing

The Department of Medical Surgical Nursing and the Department of Nephrology observed World Kidney Day with the theme "Living Well with Kidney Disease" on 12th March 2021, at G- block, SRH. Conducted quiz for the patients and distributed prizes for all the participants. Totally 119 were benefited. 78 participants from various colleges had registered for the e-poster competition and the winners were given cash prizes.



Organised Webinar on World Heart Day with the theme - "Use Heart to Connect" in association with Department of Cardiology, SRIHER (DU) and Society of Cardiac Nurses (India) on 29th September 2021. Three scientific presentations, talk show was staged and subsequently various competitions constituting quiz, poster and video presentation was conducted for the nursing students and staff on 11th October. Best participants were rewarded with cash prizes and certificates. Around 197 members benefitted from this programme.



World Diabetes Day was observed in association with the Department of Endocrinology on 23rd November 2021 with the theme "Access to Diabetes Care" at Diabetic OPD G Block, SRH. Quiz on Diabetes was conducted for the patients and distributed prizes for all the participants. Various events were organized including checking height and weight CBG, displayed the diet, health education on DM, diet and medications, sites of insulin administration and

its complications. Demonstration of foot care, education on management of hypoglycaemia using video and flip cards for all the patients and finally distributed the pamphlet on self – management of Diabetes mellitus. Total 49 patients, 15 B.Sc. Nursing (Basic) III year students and 7 faculty members participated



Department of Nursing Foundation

Patient safety awareness was observed from 15th to 18th March at 2021 SRFON, SRIHER(DU)



Department of Community Health Nursing

The Department of Community Health Nursing in association with the Tamil Nadu Government organised Intensified Pulse polio Immunization programme on 31st January 2021 between 7 am and 4 pm at a Primary Health Centre. 11 students from B.Sc Nursing IV year (Basic) participated in this event and were posted in Soranchery ICDS centre, Oilcherry ICDS centre, Kannapalayam ICDS centre, Melpakkam ICDS centre and Annaikattucherry ICDS centre. Students performed the activity of maintaining the register, Identification marking and administering polio drops to the children. From each centre around 150- 200 children were benefited from this programme.



Department of Paediatric Health Nursing

The World Breastfeeding Program was organized at the G-block Paediatric OPD from 1st to 7th August 2021 with the theme "Protect Breast Feeding – A Shared Responsibility". The Nerukuner programme was conducted at the G Block Paediatric OPD, C2, and Postnatal Ward. Breast Feeding Awareness Programme such as Skit, dance, quiz and health education was exhibited by BSc. Nursing III year students. Slogan and Poetry competition was also conducted.

Department of Mental Health Nursing

World Mental Health Day with the theme "Mental Health in an Unequal World" was observed on 12th October 2021, at G-Block, OPD, SRH. B.Sc. Nursing (Basic) III Year Students created awareness on "Mental health in an unequal world" through various sub themes by poster display. Totally 50 patients, 25 students and 9 faculty members participated and were benefited.



Training programme for outgoing students

A Training Program for the outgoing Nursing Students-B.Sc. Nursing (Basic) IV year, B.Sc. Nursing (Post Basic) II year and PG students (M.Sc. Nursing & NPCC II year) was conducted with the theme of 'Promotion of Mental Health' from 24th to 28th September 2021 between 8.30 am to 12.00 pm for three days at SRFON, SRIHER (DU). 116 students & 4 faculty members participated and were benefited.

Department of Obstetrics and Gynaecological Nursing

The International Women's Day with the theme "Gender equality today for a sustainable tomorrow" was observed at the Obstetrics and Gynaecology OPD 3rd floor, 'G' block, SRH on 8th March 2021. Quizzes, skit and awareness song was held. 6 M.Sc.(N) I & II year students, 28 B.Sc. Nursing (Basic) IV year students, 55 public participants, 6 Nursing Supervisors along with 6 faculty members participated and were benefited.

In association with the Department of Oncology & Physiology organised 'World Breast Cancer Awareness Programme' on 28th & 29th October 2021 at El Oncology OPD and Obstetrics and Gynaecology OPD G-block, SRH, 30 students took part in the rally and 10 students took part in the Breast cancer screening camp activities. 4 faculty members were actively involved in the rally and camp.

Observed Breastfeeding week celebration with the theme "Protect Breast feeding: A shared Responsibility" on 7th August 2021 at Obstetrics and Gynaecology OPD, G-Block, SRH. Awareness song, health education, Quiz and special speech on breast feeding was conducted. Prizes were distributed to all the quiz participants. 100 Mothers from OPD and Postnatal ward, 4 faculty members, 4 Nursing supervisors, 4 PG Nursing students and 27 UG Nursing students participated and benefited.

Relation between internet gaming addiction and comorbid psychiatric disorders and emotion avoidance among adolescents: A cross-sectional study

Internet Gaming Disorder has been a controversial subject. Addition to gaming is described in the American Psychiatric Associations Diagnostic and Statistical Manual of Mental Disorders (DSM-5), which is used by mental health professionals to diagnose mental disorders. Even though internet addiction has been studied among adolescents, there was not sufficient evidence to determine whether the condition is unique mental disorder. But still there is lack of evidence regarding Internet Gaming Disorder (IGA). 407 adolescents aged 11 to 18 years old were recruited. Participants were divided into two groups based on the internet gaming addiction scale-Adolescents with IGA (N = 40) and adolescents without IGA (N = 367). All participants were evaluated for demographic data, the Strengths and Difficulties Questionnaire (SDQ), socioeconomic scale, and the Emotional Avoidance Strategy Inventory for Adolescents (EASI-A). Results revealed that the adolescent with IGA had a higher mean of the number of hours and devices using Internet gaming apps than an adolescent without IGA. Regarding SDQ, adolescents with IGA had a significantly higher mean value

REFERENCE

Ahmed GK, Abdalla AA, Mohamed AM, Mohamed LA, Shamaa HA. Relation between internet gaming addiction and comorbid psychiatric disorders and emotion avoidance among adolescents: A cross-sectional study. *Psychiatry Res.* 2022 Jun;312:114584. doi: 10.1016/j.psychres.2022.114584. Epub 2022 Apr 30. PMID: 35523030.

STUDENT'S CORNER**NCC ACTIVITIES**

Four students namely J.Thomas Fermin, P. Sathsh Kumar, D. Gokul and R. Divya underwent NCC training at Tamil Nadu Med Unit Army , MCC , Tambaram from 22nd to 26th November 2021.

NSS ACTIVITIES

On 28th October 2021, 10 students from B.Sc. Nursing (Basic) III participated in the Physical fitness program at Annambedu Village, Thiruvallur District, which was organized by NSS unit of SRIHER(DU)

30 students from B.Sc. Nursing (Basic) I & II year attended the orientation programme on Importance of NSS on 30th July 2021 through virtual mode.

15 students involved in Pond restoration activity on 31st July 2021 at Kolapakkam village, Thiruvallur District.



As a part of Clean India Program the SRIHER(DU) unit of NSS distributed free garbage bin to the house holders at Kolappancheri village, Thiruvallur District on 31st July 2021. In this programme 15 students were participated.

15 students who are part of the NSS unit of SRIHER(DU) organized COVID-19 awareness programme. As part of this programme, Sanitary kits were distributed to the houses in Thirumanam village on 11th August 2021.



On 25th August 2021 the students of NSS Unit of SRIHER (DU) organized menstrual hygiene campaign at Banaveduthottam, Thiruvallur District. Adolescent girls and women received sanitary napkins.



Co-Curricular and Extracurricular Activities

- ❖ 212 students from the B. Sc. Nursing (Post Basic) I & II year and B. Sc Nursing (Basic) IV year attended the 2nd national webinar on 23rd February 2021 which was organized by SRM College of Nursing, Chennai.
- ❖ On 12th February 2021 COVID-19 Awareness Program was organized by the Directorate of Public Health at SRIHER(DU). 150 students were benefited.
- ❖ On 27th February, Investiture Ceremony was organized by Student Council. The B.Sc. Nursing (Basic) IV years namely Mr. Melvin Joseph and Ms. Melina A were selected as SRFON representative of Library secretary and College Council Secretary respectively.
- ❖ Mr. M. Annamalai, B.Sc. Nursing (Basic) II year student won the first place in e-poster presentation organized by Sathyabama College of Nursing, Chennai on the eve of World Health Day on 5th April 2021.
- ❖ Ms. Rissy Rachel B.Sc. Nursing (Basic) IV Year Secured second position in Best speaker competition 2021 Organized by the Associate of Nurse Executive (TN Chapter) on 8th April 2021.
- ❖ Accomplishment made by Mr. Sidharth Krishnan of B.Sc. Nursing (Basic) IV year who had

participated in English essay competition organized by Dr. MGR Educational and Research Institute and won third prize on 11th June 2021

- ❖ On 14th July 2021 Founder Chancellor Merit-cum-Means Scholarship for the year 2020-21 was received by Mr. M. Kumaravel and Ms. Melina B.Sc. Nursing (Basic) III year students Ms. Sredha Elizabeth Chacko, Ms. Josna Steffi, Ms. Silpa, Ms. Rissy Rachel John, Ms. Tamiloli, Mr. Sathish Kumar from B.Sc. Nursing (Basic) IV year students.
- ❖ Mr. Maheswaran B.Sc. Nursing (Basic) III Year student won 1st prize in e-poster competition in virtual World heart day celebration organized by the Department of Medical Surgical Nursing on 29th September 2021.
- ❖ The Police Commemoration Day was observed on 27th October 2021, with the topic "The role of police in the society" and "Cybercrime and Prevention of drug use by students" 100 B.Sc. Nursing (Basic) III Year students were benefited.
- ❖ ALCANDERS-2021, Our Athletes participated in the inter college volleyball competition on 22nd October 2021, and they own the runner up position

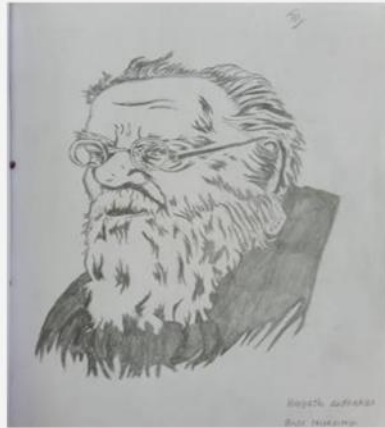
On 5th October, for the Academic year 2021-2022 New SNA office bearers were elected.

S.NO	Student Details	Position
1	Mr. Johnson B B.Sc. Nursing (Basic) IV year	Vice President
2	Ms. Kaviya R B.Sc. Nursing (Basic) IV year	Secretary
3	Ms. Dhanusha J B.Sc. Nursing (Basic) III year	Joint Secretary
4	Mr. Kumaravel T B.Sc. Nursing (Basic) IV year	Treasurer
5	Mr. Annamalai M B.Sc. Nursing (Basic) III year	Joint Treasurer
6	Ms. Ramya S B.Sc. Nursing (Basic) IV year	Sports Secretary
7	Ms. Melina A B.Sc. Nursing (Basic) IV year	Student council member, SRIHER (DU)
8	Mr. Melvin Joseph B.Sc. Nursing (Basic) IV year	Student council member, SRIHER (DU)

SPOTLIGHT



Ms.M.Suruthika
B.Sc. Nursing (Basic) III Year



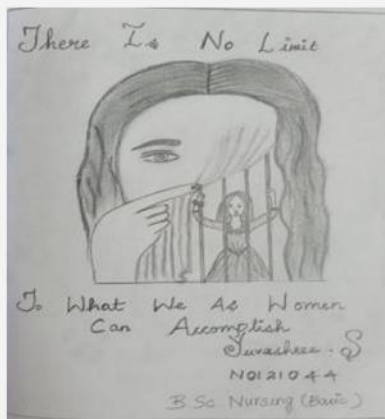
Ms.Sindhu
B.Sc. Nursing (Basic) I Year



Ms.Sindhu.A
B.Sc. Nursing (Basic) I year



Mr. Maheswar
B.Sc. Nursing (Basic) III Year

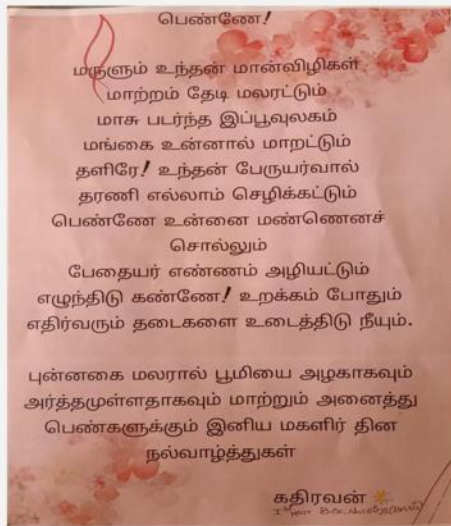


Ms. Yuvashree
B.Sc. Nursing (Basic) II Year



Ms. S. Monisha
B.Sc. Nursing (Basic) I Year

VIBRANCE



Mr. Kadiravan
B.Sc Nursing (Basic) III year

ALUMNI CORNER

SRIHER(DU) Alumni chapter of Nursing organized a Guest lecture on Research proposal for grant by Dr.L.Gopichandran, Assoc.Prof, College of Nursing, AIIMS, New Delhi on 20th September 2021.

Alumni Nursing chapter organised Alumni Novice to Expertise event on 30th September 2021 for all outgoing students of UG and PG of Sri Ramachandra Faculty of Nursing, SRIHER(DU).

UPCOMING EVENTS

Events	Months
Pongal celebration	January 2022
Nurses day celebration	May 2022
Innovus 2022	July 2022
Teachers day celebration	September 2022
Pooja celebration	September 2022
Christmas and New year Celebration	December 2022

CHEER-UP

When pain misery or anger happen it is time to look within you, NOT around you- Sadhguru Jaggi Vasudev

Kindly mail your replies / comments / feedback to
nmindsrfon@gmail.com