

VOLUME 4, ISSUE: 2

Newsletter

# CARITAS CHRONICLE

Caritas College of Nursing  
JULY 2024 – DECEMBER 2024

*Read... . Dream... . Discover...*

## BEYOND BOOKS: EXPLORING OUR LIBRARY



Kenotic love saves life

**0481 2792104**

[www.caritascollegeofnursing.in](http://www.caritascollegeofnursing.in)

 **CARITAS**  
COLLEGE OF NURSING  
Affiliated to KUHS, Thrissur & Approved by INC, KNMC

Together we heal

Committed to Offer Quality Nursing Education Since Decades

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**CHIEF EDITOR**  
**Rev. Dr. Binu Kunnath**  
Director  
Caritas Hospital & Institute  
of Health Sciences



**EDITOR IN CHARGE**  
**PROF. TWINKLE MATHEW**  
PRINCIPAL  
Caritas College of Nursing

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IQAC CO-ORDINATOR, ADD DEPT



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LECTURER  
Caritas College of Nursing

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Caritas College of Nursing



# Editorial



**Rev. Dr. Binu Kunnath**  
Director  
Caritas Hospital & Institute  
of Health Sciences

From the Director

***"The only thing that you absolutely have to know, is the location of the library." – Albert Einstein***

At Caritas College of Nursing, we believe that excellence in education is built not only on curriculum and faculty strength but also on visionary infrastructure. It is with great pride that we mark another significant leap in this journey—the launch of our newly renovated library, now featuring an open, eco-friendly reading space designed for the next generation of healthcare professionals.

This initiative reflects our unwavering commitment to making Caritas College of Nursing a state-of-the-art campus for nursing students—one of its kind in the state. We are continuously upgrading our facilities to ensure that our students have access to the most enriching, holistic, and future-ready learning environments.

The library has always been the intellectual heart of an institution. Today, it evolves into something even greater—a vibrant, green, and lively student-centric hub that nurtures independent learning, calm reflection, and academic inquiry. The open-air reading space, surrounded by nature, is more than just an architectural feature; it is a symbol of our belief that learning should be liberating, inspired, and deeply connected to both mind and environment.

Our vision has always been to align infrastructure with innovation. Whether it is through smart classrooms, digital labs, or now, this modern library, every brick laid is with the intent of creating a space where students don't just study, but thrive.

This project is not the end—it is a marker of the direction we are moving in. We will continue to build, to evolve, and to set benchmarks in nursing education.

I encourage our students to make the most of this space—not just to prepare for exams, but to prepare for life. Read widely, think deeply, and use this sanctuary of knowledge to fuel your journey toward excellence in nursing.

Warm regards,

**Rev Dr Binu Kunnath**

*Director , Caritas College of Nursing & Director & CEO,  
Caritas Hospital and Institute of Health Sciences*

# Editorial



**Prof. Twinkle Mathew**  
Principal  
Caritas College of Nursing

From the Principal's Desk

Warm Greetings from Caritas College of Nursing.

***"A library is not a luxury but one of the necessities of life."* – Henry Ward Beecher**

It is with immense pride and joy that I share this editorial on a truly significant milestone in the life of Caritas College of Nursing—the dedication of our newly renovated library, now enhanced with an eco-friendly open reading space to our readers.

At the heart of any academic institution lies its library—a sanctuary of knowledge, reflection, and discovery. For a nursing college, it is much more. It is where curiosity meets compassion, and where scientific understanding is nurtured alongside empathy. In the ever-evolving world of healthcare, reading is not merely an academic task but a lifelong habit that builds professional excellence and personal growth.

Our revitalized library has been thoughtfully designed to reflect the values of sustainability, serenity, and scholastic excellence. The addition of an open, eco-friendly reading zone offers students a tranquil environment where nature and knowledge intertwine. Research confirms that natural surroundings enhance concentration, reduce stress, and improve cognitive function—benefits that are especially valuable to our future nurses, who will carry both the weight and privilege of patient care.

This new space is not just an infrastructure upgrade. It is a reaffirmation of our commitment to fostering a culture of deep reading, critical thinking, and academic integrity. As Florence Nightingale once said, "Let us never consider ourselves finished nurses... we must be learning all of our lives." It is our hope that every student who steps into this library carries this spirit forward—reading not just to pass exams, but to grow as professionals, as leaders, and as compassionate caregivers.

I invite every student, faculty member, and visitor to explore and cherish this new learning environment. Let us make it a space where minds expand, ideas flourish, and futures are shaped.

Warm regards,

**Prof Twinkle Mathew**  
Principal



# Achievements



5th Semester B.Sc Nursing students, 2021 batch secured 100% result in KUHS Examination, 2024



2nd Year PBBSc Nursing students, 2022 Batch, secured 100% result.



Dr Bindu John, Associate Professor, HOD Community health nursing department secured 1st prize in research abstract presentation held at St. James College of Nursing, Chalakudy.



1st runner up in East SNA Zonal arts and sports competition held at Pampady.



7th Semester B.Sc Nursing students secured 2nd prize in Innovative stall competition conducted at Amala College of Nursing, Thrissur

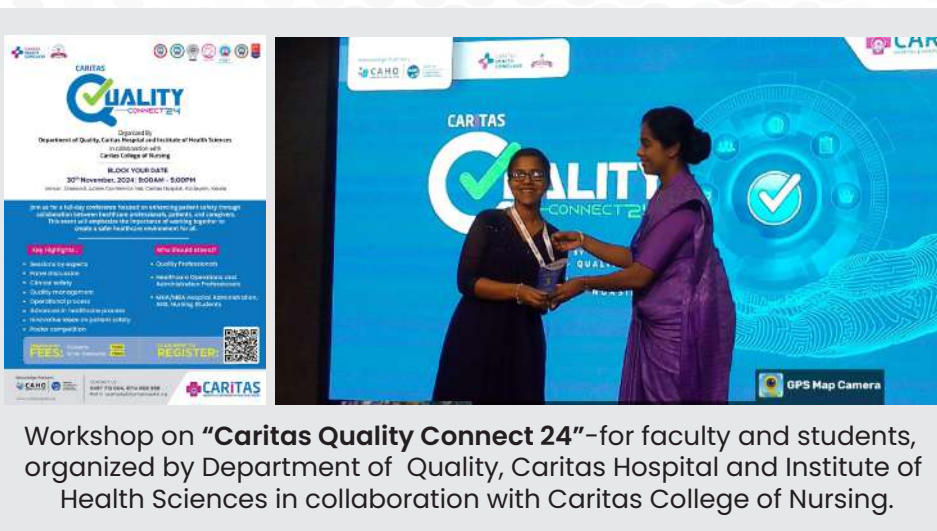


Ms. Neethu Kunjumon, Lecturer, secured 1st prize in Research Paper Presentation held at Govt College of Nursing, Kottayam



Appreciation award from Athirampuzha Panchyath, for Dwisha Job Fair, a permanent project of NSS unit

# Internal Quality Assurance Cell – IQAC





# New Ventures



Renovated library and **Open library**



**"MOU SIGNING CEREMONY"** with Saintgits College of Engineering, Pathamuttam.

# Teacher's Desk

## Newly Joined Staff



**Sr. Tonia SJC**

Lecturer, Obstetrics & Gynaecological  
Nursing Department



**Sr. Evangelin SJC**

Lecturer, Mental Health  
Nursing Department

## Farewell



**Ms. Anu Markose**

Lecturer, Medical Surgical  
Nursing Department



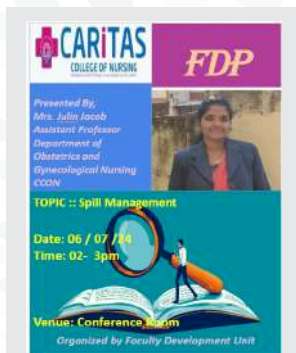
**Ms. Chinchu Raju**

Lecturer, Medical Surgical  
Nursing Department

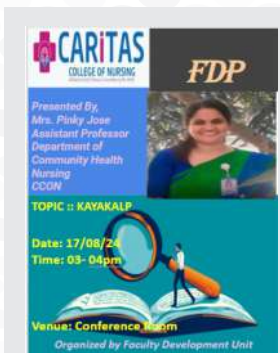


# Faculty Development Program

## Continuing Nursing Education



Session on  
‘Spill Management’

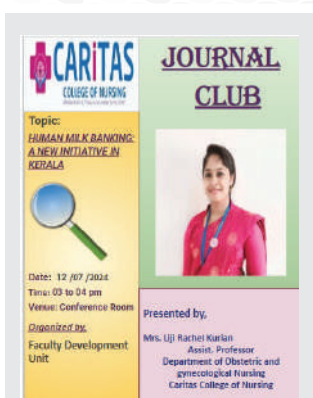


Session on  
“Kayakalp” guidelines

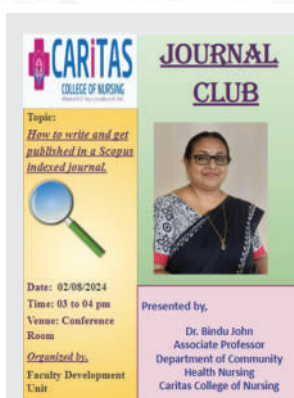


Session on “The microbiome connection:  
Boosting Maternal and fetal health”

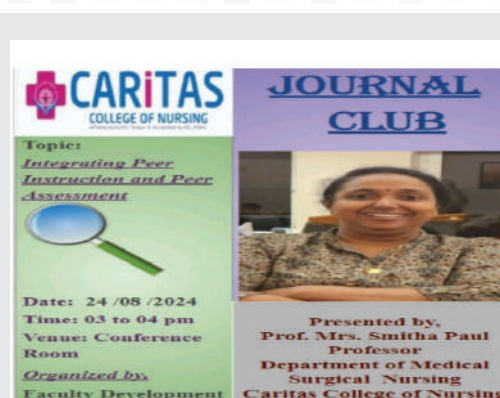
## Journal club



Human Milk Banking:  
A New Initiative in Kerala.



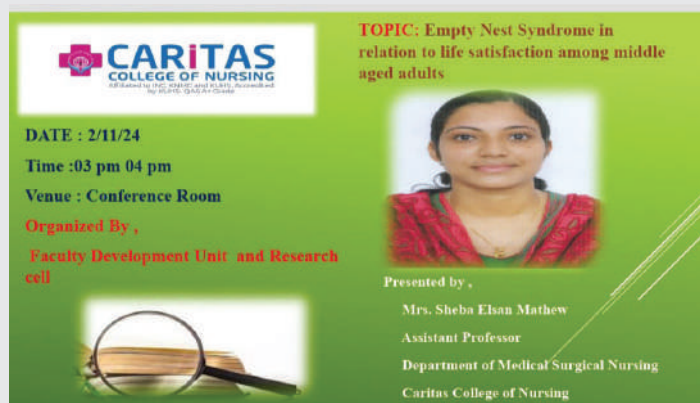
How to write and get  
published in a  
Scopus Indexed Journal.



Integrating Peer Instruction  
and Peer Assessment.



“Music Therapy” on  
breast milk secretions.



Empty Nest Syndrome: In relation to  
life satisfaction among aged adults

# Faculty Development Program

## Faculty Resource Person



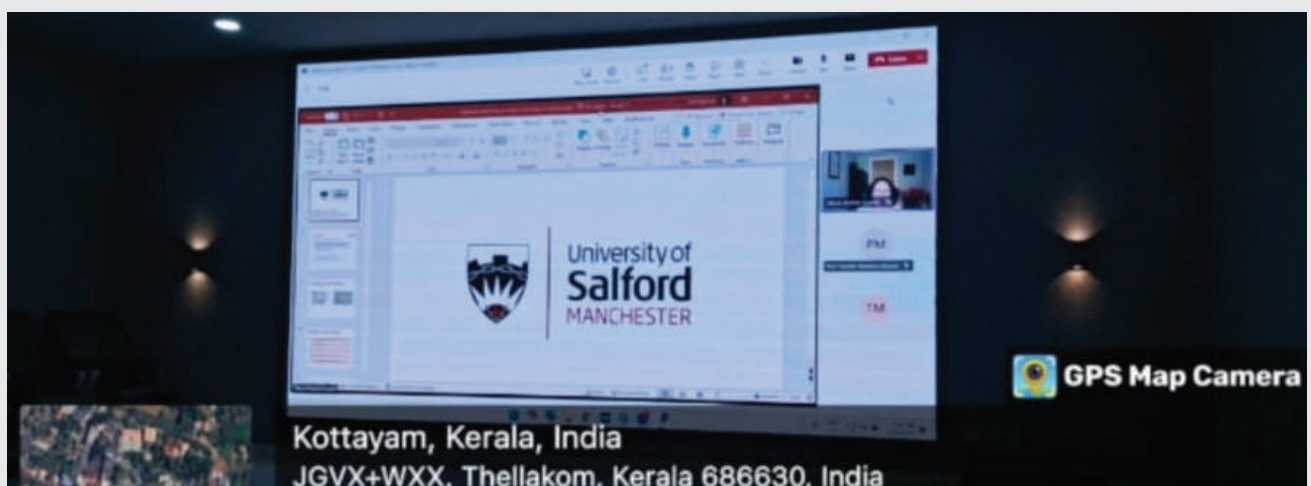
Session on CPR by Prof. Smitha Paul, Dr. Bindu John, Associate Professor Prof. Rincy T Issac at BK College, Amalagiri



Prof. Twinkle Mathew, Principal conducted a seminar on "Healthy Living" organized by Mathru- Pithru Vedi, Athirampuzha Forane Church.



# Research cell



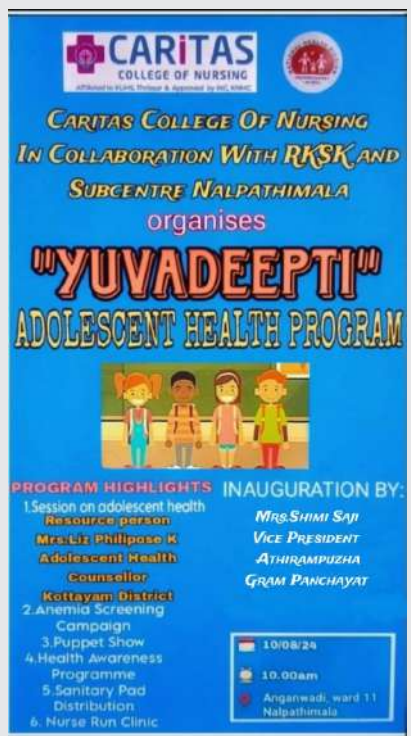
Research day celebration: Research Quest series 3 – A state level workshop on **“Mastering academic writing : A comprehensive review and skill building session.”**



# Outreach Programs



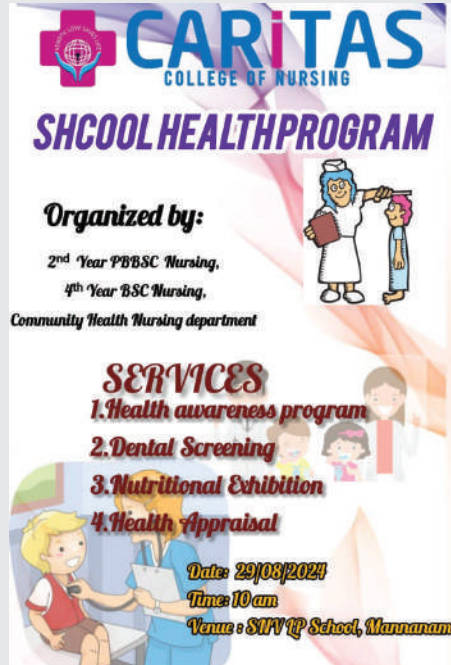
School health programme conducted in collaboration with Kottayam Medical College Hospital Centre at Govt. Model Residential School, Ettumanoor



"YUVADEEPTI"– Adolescent Health Programme organized in collaboration with Rashtriya Kishore Swasthya Karyakram (RKSK) and Sub-Centre Nalpathimala.



# Outreach Programs



School health programme organised by 2nd year PBBSc and 4th year B.Sc nursing students, held at St. Antony's L P School, Kudalloor.



# Capacity Building Program



**CARITAS**  
COLLEGE OF NURSING

## CAPACITY BUILDING PROGRAM

### LITTLE FOODIES

*"Healthy food, happy child, happy life"*



**Date :**17/08/2024  
**Time :**10 am  
**Venue :** Sub center Nalpathimala  
**Target group :** Mothers of school going children  
& Anganwadi workers



### SERVICES

1. NUTRITIONAL DEMONSTRATION
2. EXHIBITION
3. AWARENESS PROGRAM
4. PAMPHLET DISTRIBUTION

**ORGANIZED BY:**  
Second year PBBSC Nursing students (2022 batch ),  
Community department  
in association with Sub center Nalpathimala

**"LITTLE FOODIES"** – 2nd year PBBSc nursing students, collaborated with Sub centre Nalpathimala.



# Medicalcamp



## CARITAS

COLLEGE OF NURSING

### DENTAL SCREENING CAMP

*Organized by:*  
*Community Health department in collaboration with*  
*Sub center Nalpathimala*

**Date :** 24/08/2024  
**Venue :** Sub center, ward 14, Nalpathimala  
**Time:** 10.30am to 12.30pm



**Consultant :** Dr. Bareena P Benny  
**Dental Surgeon, Caritas hospital**

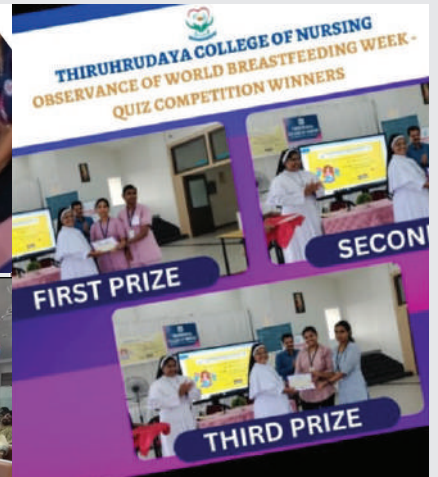
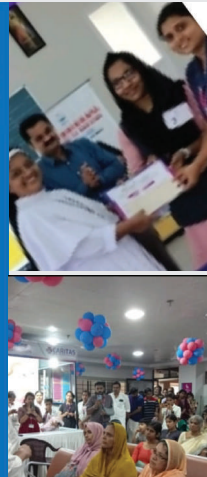
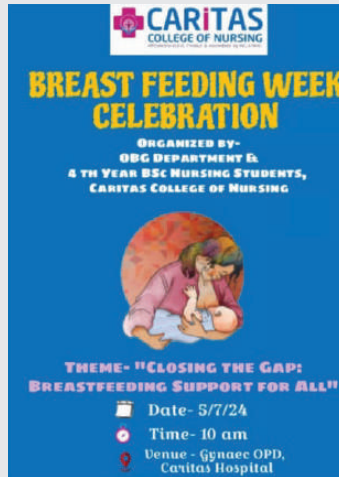


**“Dental Screening Camp” at ward 14th Nalpathimala.**

# Well fest



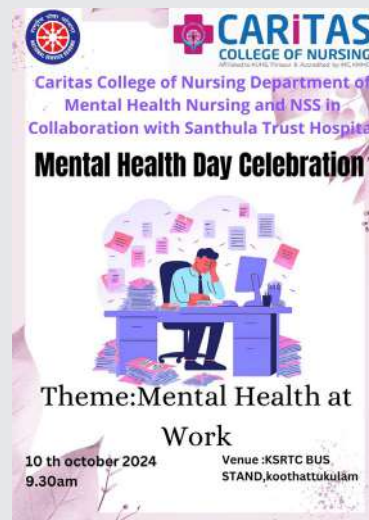
Quiz competition on "ORS Day celebration"



Breast Feeding Week celebration



"Nutritional Exhibition" - 2nd Year PBBSc Nursing students, collaborated with Sub centre Nalpathimala



Mental Health Day celebration with the theme: Mental Health at Work, in collaboration with Santhula Trust Hospital, Koothattukulam.

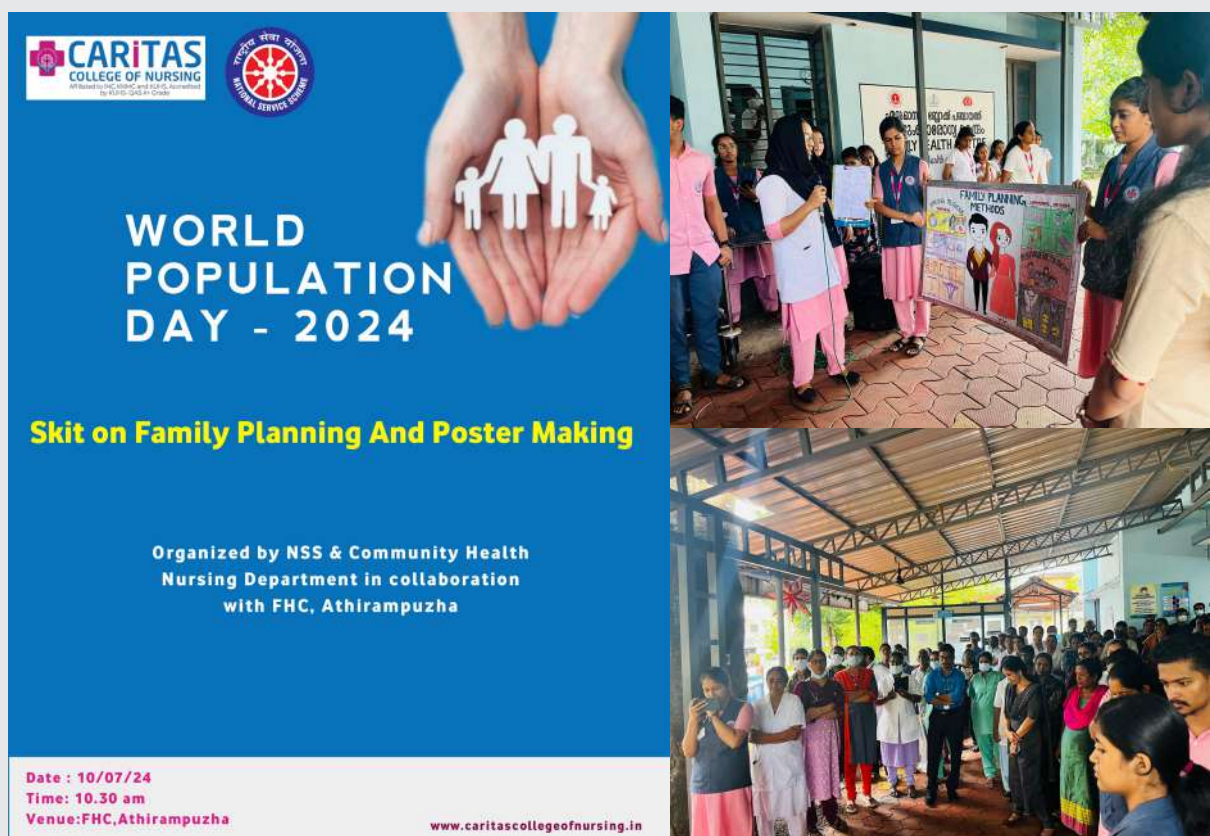
Seminar on "World Hepatitis Day", Topic : Hepatitis Know the Risks, Get Tested, Gets cured"



# National Service Scheme- NSS

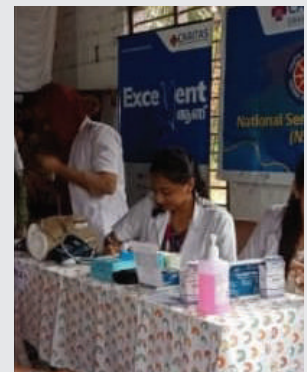


Fund raising programme during SNA Zonal sports competition



World population day celebration held at Family welfare centre Athirampuzha.

# National Service Scheme- NSS



Medical camps at Rajakkad , KCC Kannankara St. Xaviers church auditorium , Padamukam, Idukki ,Govt.UPS Kambilikandam, Kumili, CMS college Kottayam



# National Service Scheme- NSS



**"DWISHA"** Job Fair conducted at St. Thomas church auditorium, Nalpathimala for the residents of Athirampuzha panchyat.



Independence day celebration



NSS day celebration



# National Service Scheme- NSS



Visit to Kerala state AIDS control society, Vihaan, Kottayam.



World health day celebration – Marathon competition





Visit to St. John of God, Special school, Pampady



International day of older person




# Health Awareness Programs






**SEMINAR ON -**

**"GLOBAL POPULATION ISSUES AND ITS IMPACT ON SOCIAL, ECONOMICAL AND ENVIRONMENTAL ASPECT"**

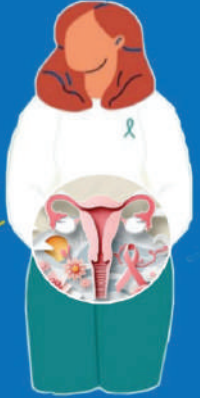

**By- Aylin Susan Babu**  
**4th year BSc Nursing**



 **12-07-2024**  **3-4 pm**

 **4 th year BSc Nursing classroom**

Seminar on **"Global population issues and its impact on social, economic and environmental aspects"**



**HEALTH AWARENESS PROGRAMME ON CERVICAL CANCER**

**Programme Highlights - Skit**

**Organised By-**  
**OBG Department &**  
**4 th Year BSc Nursing Students,**  
**Caritas College of Nursing**

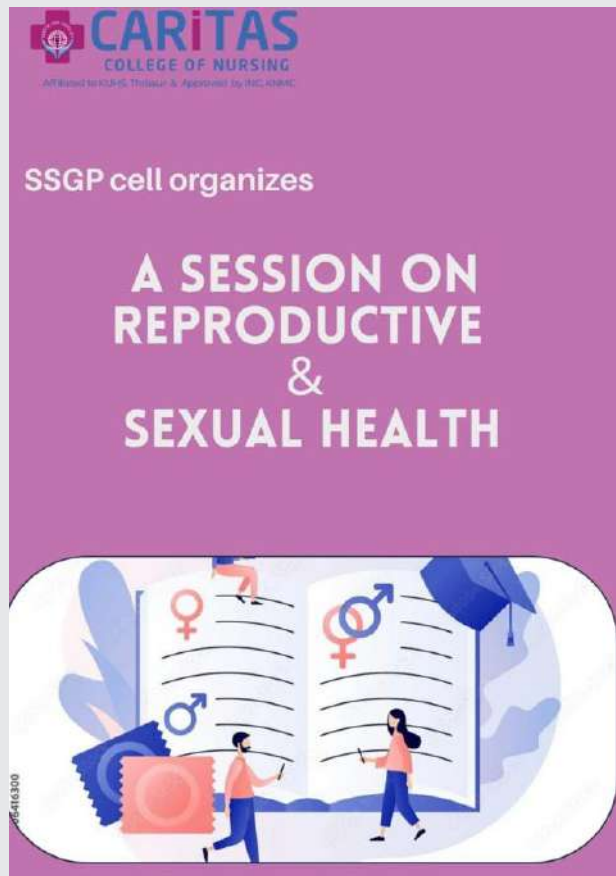
**Date- 16/11/24      Time- 10:30 am**

**Venue- Gynaec OPD, Caritas Hospital**

[www.caritascollegeofnursing.in](http://www.caritascollegeofnursing.in)

Session on **"Cervical Cancer"** highlighted with a skit.

# Student Support and Guidance Cell – SSGP



Speaker:

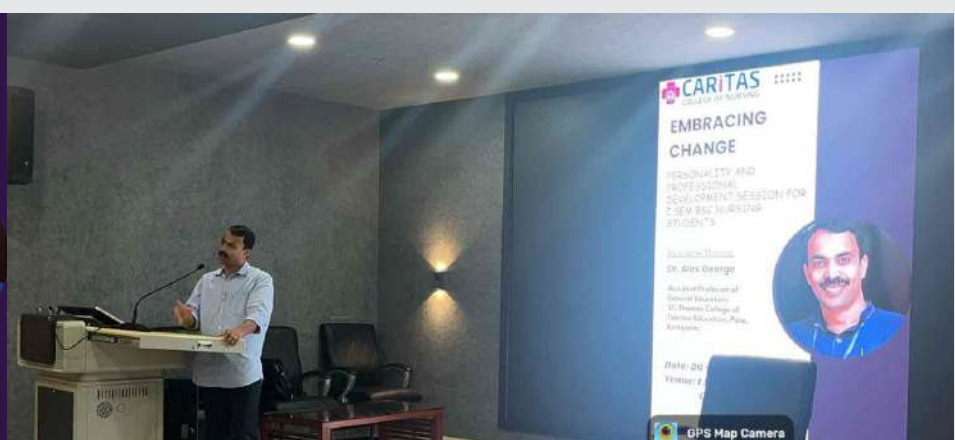
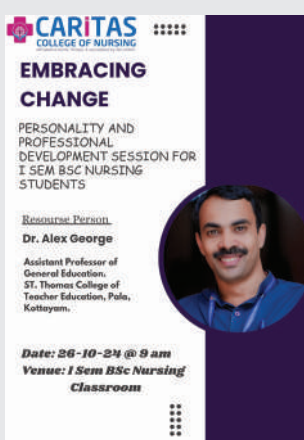
Dr Divya Ramalingam  
Consultant Gynecologist  
Caritas Hospital & Research Institute

Date :23.07.2024

Time: 3pm

Venue: 2nd semester Bsc class room

“Reproductive and Sexual Health”



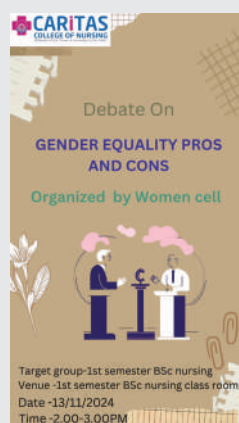
“Personality and Professional Development  
for 1st semester Bsc Nursing students.



# Women Cell



Session on "Mental health at work" for faculty.

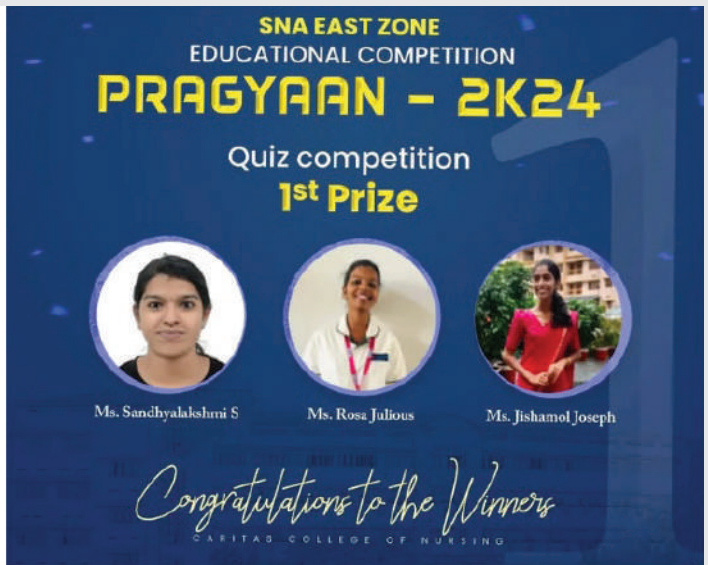
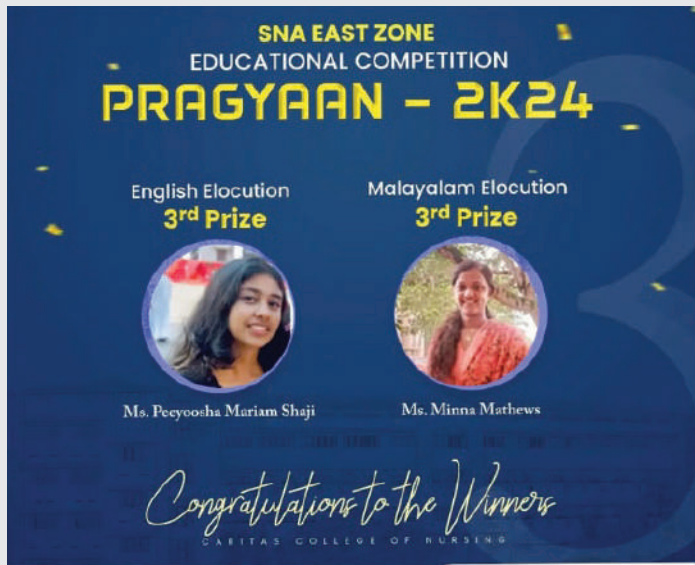


Debate on "Gender equality pros and cons" for 1st semester BSc Nursing students

Dietary choices for maintaining women's health- for faculty.

# Student Council

SARANG



Zonal level SNA Educational competition.



# Student Council



Zonal level SNA Arts Competition.



Zonal Level SNA Sports  
**"TURBO - 2024"**  
 Shri Ajay Kumar ( Guinness Pakru) ,  
 Indian actor was the chief  
 guest of the programme.



Onam and Teachers  
 Day celebrations

# Student Council

## Student Development Unit

**CARITAS**  
COLLEGE OF NURSING  
Affiliated to KUHS, Thiruv. & Accredited by INC, KNNAC

### SPIRITUAL EMPOWERMENT

**GUIDED BY**



Fr Tinesh Kurian Pinarkayil  
Chaplain, KCYL Kottayam  
Chairman, Youth Commission  
Asst Director, Thuvanis



Fr Mathew Kulakkattukudyil  
Director KCSL & Holy Childhood  
Vicar, Holy family knanaya Catholic  
Church East Nattassery


*Date: 20/12/24 - 21/12/24 Time: 8am - 5pm*  
*Venue: Nursing College Auditorium*

Spiritual Empowerment, guided by Fr. Tinesh Kurian, Pinarkayil and Fr. Mathew, Kulakkattukudyil.


**CARITAS**  
COLLEGE OF NURSING  
Affiliated to KUHS, Thiruv. & Accredited by INC, KNNAC

### YOGA SESSION


Guided By



Rujis M Mathai  
Divisional Manager Canara Bank  
Kottayam  
MA in Yoga for Human Excellence



**Date: 20/12/24 Time: 8am - 5pm**



Yoga Session, guided by Mr. Rujis Mathai, Divisional Manager, Canara Bank, Kottayam

## Student Journal Club

**CARITAS**  
COLLEGE OF NURSING  
Affiliated to INC, KNNAC and KUHS, Accredited by KUHS - QAS A+ Grade

### STUDENT JOURNAL CLUB

**TOPIC:**  
**CHILD VIOLENCE IN THE FAMILY**

**DATE :** 12 / 9 / 24  
**TIME :** 02PM TO 03PM  
**VENUE :** SECOND YEAR POST BASIC BSC NURSING CLASS ROOM

**ORGANISED BY,**  
**STUDENT DEVELOPMENT UNIT**



MRS.SRUTHIMOL. S  
2<sup>ND</sup> YEAR POST BASIC BSC NURSING  
CARITAS COLLEGE OF NURSING

Mrs Sruthimol. S, 2nd Year PBB.Sc nursing student, presented an article on "Child violence in the Family."



# Celebrations



College Day celebrations, programme by Music Band "Kithab Collective"



Home day celebrations.



Christmas day Celebrations and Feast day celebration of Director, Rev. Dr. Binu Kunnathu



# Celebrations



Fresher's Day celebration of 1st Semester B. Sc and PBBSc Nursing students



Farewell of 4th Year B.Sc Nursing students, 2020 Batch.



# Celebrations

## STAFF WELFARE PROGRAMME



Birthday celebrations.



One day picnic to Oxygen resort, Kumbalangi



Annual health check –up.



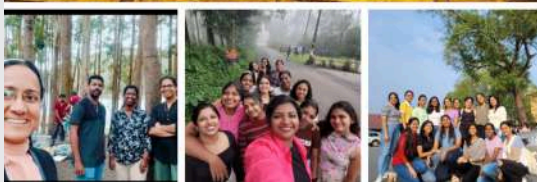
Appreciation to Ms. Neethu Kunjumon, Lecturer, MSN Department who achieved first rank in the M.Sc Nursing programme with a specialization in Medical –Surgical nursing.



# Special Events



Course Inauguration of 23rd Batch B.Sc Nursing students .



One day trip to Munnar  
6th Semester B.Sc Nursing students



Three days Trip to "GOA"  
4th Year B.Sc Nursing .



One day trip to "Wagamon"- 5th  
Semester Bsc Nursing students.



Disaster management  
training for students and faculty.



# Reels-QR Codes



Graduation



Breast Feeding  
Week celebration



Renovated library



Sports day



Teachers' day



Children's Day

# Shining Stars of Caritas

## Academic Toppers



**Ms. Sruthimol S**

2nd Year PBBSc Nursing



**Ms. Clarissa Maria Tom**

5th Semester BSc Nursing

## Best outgoing Students of the year 2024



**Ms. Sruthimol S**

2nd Year PBBSc Nursing



**Ms. Anakha Mathew**

4th Year B.Sc Nursing





Established as Caritas School of Nursing in 1965 with  
General Nursing & Midwifery course

Upgraded to College of Nursing in 2002 Offering  
**B.Sc (N), P.B.S.Sc(N) & M.Sc (N) Courses**

MSc Nursing (2 years)-12 Seats, MSc(Medical Surgical Nursing)-4 seats  
MSc (Obstetric and Gynecologic Nursing)-4 Seats,  
MSc (Community Health Nursing)-4 Seats  
BSc Nursing (4 Year)-70 Seats, Post Basic BSc Nursing-15 Seats

Committed to Offer Quality Nursing Education Since Decades