



AL SHIFA COLLEGE OF NURSING

(Approved by INC, KNMC, DME, Govt. of Kerala & Kerala University of Health Sciences)
PERINTHALMANNA, MALAPPURAM



Volume: 1 Issue: 10

NEWS LETTER

May to August-2023

VISION

The Al Shifa College of Nursing aspires to be a premiere centre for academic excellence in nursing to produce skilled health care providers and transformative leaders.

MISSION

- Educate students for the diverse opportunities, offered by careers in nursing and other health care fields.
- Prepare a diverse student population to become professional nurses through academic excellence.
- Promote health and enhance the quality of life for citizens through the creation of value-centered nursing education.
- Foster innovation and research that will benefit the humanity and improve the nursing Standards.

Message From Managing Trustee



Dr. P. UNNEEN

Managing Trustee | Shifa Medicare Trust

It is a pleasure to connect with you through the esteemed Al Shifa College of Nursing's newsletter. Sharing our achievements and thoughts with valued readers is a true honour. Our institution takes pride in nurturing the physical and mental well-being of our students. We have curated a range of diverse programs that enrich their lives and our commitment extends beyond the classroom, fostering holistic development.

By equipping students with a unique perspective, we aspire to positively transform human relationships beyond the confines of these walls. "Phoenix Reviews," our college newsletter, signifies a significant milestone in sharing our vibrant campus culture. Its pages provide insights into our values, activities, and accomplishments, resonating with a broader audience and reflecting our unwavering commitment to excellence.

Through it, we showcase quality initiatives from our dedicated faculty and enthusiastic students, leaving an impact on both the campus and the community. Sharing these stories serves as an inspiration for growth and positive change.

I cordially invite you to immerse yourselves in "Phoenix Reviews," a chronicle of achievements, challenges, and aspirations. This publication mirrors our relentless pursuit of knowledge, innovation, and compassion. May it uplift your spirits and ignite new possibilities.

Warm wishes,

Message From Principal



Dr. JOSEPHINE JACQUILINE MARY.N.I

Principal, Al Shifa College of Nursing

I am privileged to be a part of this magnificent institution. At this juncture I gratefully recognize the dedicated teachers, ever supporting ancillary staff who have worked selflessly and tirelessly to bring glory to God and honor to our college. We are living in a "fast forward" age. Everything is changing at a speed which could not have been imagined in the past few years. Our homes, our work places and society at large is constantly changing. Increasingly, students are now exposed to the omnipresence of mass media. The bombarding by an ever growing volume of information through newspapers, magazines, TV channels, Interactive TV, Internet etc. has established the fact that access to knowledge is free and quick.

In spite of the rapid progress in the information received by the students and society at large there is a gaping void is felt as regards to holistic and integral development of the personality of an individual. I personally a firm believer of an educational system which gives not the mere information to students but works towards their formation whereby stress is laid not just on academic excellence but on "character formation with academic excellence"

Best wishes for "Phoenix Reviews"

MESSAGE FROM THE EDITOR'S DESK

Dear Readers,

We are thrilled to welcome you to the latest edition of our Nursing College's editorial board message. As we navigate through the ever-evolving landscape of healthcare and education, our commitment to excellence remains steadfast. This message serves as an opportunity to reflect on the past, celebrate the present, and envision the future of nursing education.

Change is an inevitable part of life, and our college has never shied away from embracing it. We are embracing change and innovation more than ever before. Our classrooms have evolved to meet the demands of a rapidly changing world, with technology-enhanced learning experiences, interdisciplinary programs, and a strong emphasis on research and creativity. We encourage all students to explore their passions, pursue their dreams, and challenge themselves to reach new heights.

In the coming months, we'll undoubtedly face challenges, both expected and unexpected. But it's in these challenges that we find our strength, resilience, and innovation. Our students, faculty, and staff have always been at the forefront of change, pioneering new ideas, and pushing the boundaries of knowledge.

In conclusion, we extend our warmest wishes to all of you. Whether you are a student, faculty member, healthcare professional, or a member of the broader community, your involvement in our Nursing College is vital to our success. Let us continue to inspire, educate, and elevate the field of nursing.

Thank you for being a vital part of the Al Shifa College of Nursing community. Together, there's no limit to what we can achieve.

Wishing you all a successful and enriching year ahead.

Members of Editorial Board

Patron



Dr. P. Unneen

Managing Trustee | Shifa Medicare Trust

Editorial Board Chairperson



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Principal, Al Shifa College of Nursing

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*Vice Principal,
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Executive Editor



Mrs. Rincy Alex

*Asso. Professor, Dept. of obstetrical
Gynaecological Nursing*

Executive Editor



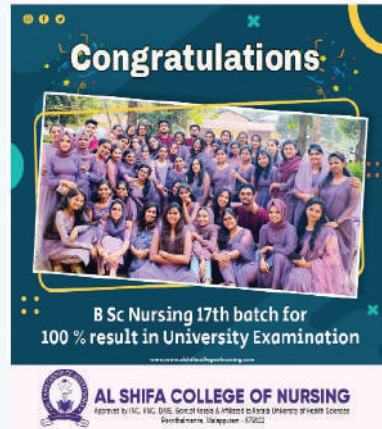
Dr. Sheeba. S

*Assit. Professor, Dept. of obstetrical
Gynaecological Nursing*

CURRICULAR ACHIEVEMENTS



100%RESULTS 2ND YEAR
PBBSC NSG



100% 4TH YEAR BSC NSG



3 RD YEAR BSC
NURSING RESULTS



2ND YEAR BSC NURSING

DISTRICT NURSES WEEK CELEBRATION 2K23

CAROMS DOUBLES

FIRST PRIZE

AJMAL & BHAVIN DAS
(4th YEAR BSC NURSING)

QUIZ COMPETITION

SECOND PRIZE

SHYAM KRISHNAN & ASMA BEEGUM
(4th YEAR BSC NURSING)

GROUP SONG

FIRST PRIZE

LIYA
(4th YEAR BSC NURSING)

OPPANA

3RD PRIZE

1st SEMESTER B.S.C. NURSING

FOLK DANCE

3RD PRIZE

SNEHA
(1ST SEMESTER B.S.C. NURSING)

ENGLISH STORY WRITING

FIRST PRIZE

BEEEMA MOL NIZAR
4TH YEAR BSC NURSING

BADMINTON

3RD PRIZE

MOHAMMED RAZI
(2ND SEMESTER BSC NURSING) &
SHAHIN ALI
(4TH YEAR BSC NURSING)

WATER COLOURING

FIRST PRIZE

MOHAMMED ANAS
(1ST SEMESTER B.S.C. NURSING)

LIGHT MUSIC

3RD PRIZE

LIYA
(4TH YEAR BSC NURSING)

MALAYALAM RECITATION

2ND PRIZE

LIYA
(4TH YEAR BSC NURSING)

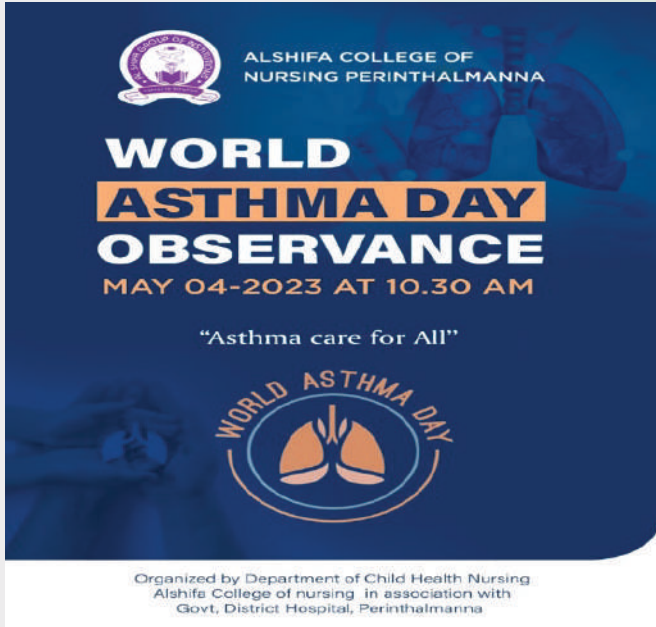
FOLK SONG

3RD PRIZE

3RD SEMESTER B.S.C. NURSING

WORLD ASTHMA DAY OBSERVANCE

The World Asthma Day theme 2023 is "Asthma Care for All," which advocates the growth of accessibility and availability of high-quality medical care to all. The Day was observed by Child Health Nursing Department in association with Govt. Dist. Hospital Perinthalmanna.



MALAK-2K23

International Nurses Day, held on May 12 that commemorates the birth in 1820 of Florence Nightingale, the foundational philosopher of modern nursing. The Day was observed by Nursing Foundation Department and Student Nurses Association, Al Shifa College of Nursing. The events were skit, song and group dance by the 1st semester B.Sc. Nursing students





Mrs. BABY JOSE

Associate Professor
Medical Surgical Department

ANTIMICROBIAL STEWARDSHIP

DEFINITION

Antimicrobial stewardship can be defined as a comprehensive, multidisciplinary approach to promote the appropriate use of antimicrobial agents, improve patient outcomes, and minimize the development of resistance.

KEY COMPONENTS

Key components of antimicrobial stewardship programs include leadership commitment, education and training, antimicrobial guidelines and protocols, surveillance of antimicrobial use and resistance patterns, and feedback mechanisms to healthcare providers. By implementing these components, healthcare organizations can establish a culture of responsible antimicrobial use and ensure the continued efficacy of these vital medications.

MEMBERS OF ANTIMICROBIAL STEWARDSHIP PROGRAMS

Successful antimicrobial stewardship programs require the collaboration and involvement of various healthcare professionals. This includes physicians, pharmacists, microbiologists, infection preventionists, and nurses, each playing a crucial role in the program's effectiveness.

STRATEGIES FOR ANTIMICROBIAL STEWARDSHIP

Antimicrobial stewardship programs employ various strategies to promote responsible antimicrobial use. These strategies include developing and implementing evidence-based guidelines for antimicrobial prescribing, promoting appropriate dose optimization and duration of therapy, encouraging

de-escalation and discontinuation of antimicrobial therapy when appropriate, and implementing antimicrobial stewardship interventions in different health-care settings. Additionally, programs focus on improving communication and collaboration among healthcare professionals, enhancing education and training on antimicrobial stewardship principles, and utilizing surveillance systems to monitor antimicrobial use. In summary, an antimicrobial stewardship program, when effectively implemented, can lead to improved patient outcomes, reduced antimicrobial resistance, cost savings, enhanced collaboration, continuous quality improvement, and the potential for sustainability and scalability in addressing antimicrobial use and resistance challenges.



EXCELLENCE 2K23



The Computer Shortcut Keys can save time and increase productivity while creating, editing, and formatting documents in Microsoft Word. Training program for non-teaching staff is organized by Internal Quality Assurance cell, Al Shifa College of Nursing. Mrs. Roshna C., M. Sc. Computer Science had taken a session on shortcuts and formulas in MS Office Excel.

GREENOVATION ENVIRONMENTAL DAY PROGRAM

The global warming is on a rise, polar glaciers are melting, subsequently, each year sets its own benchmark as the hottest year and many more other issues. Slowly the actions of human beings on Mother Nature is now showing the adverse effects and it's high time now. National Service Scheme, OBG department and Nature club organised 'Greenovation' by doing environmental day programme cleaning campaign at Poovathani, Thachanattukara in order to raise awareness among the citizens and spread the message and ways to protect our planet.



WORLD DIGESTIVE HEALTH DAY

World Digestive Health Day was conducted to raise awareness about digestive diseases and disorders and highlight the importance of maintaining good digestion. An exhibition was arranged on the theme "Your Digestive Health: A Healthy Gut from the Start" by the Medical surgical Nursing Department.



STAFF INDUCTION PROGRAM

An induction buddy essentially acts as a link between the new member of staff and the service within which they will be working. Three days of orientation programme for the newly joined teaching staff was organized by Internal Quality Assurance cell regarding college and hospital, and the rules and regulations.



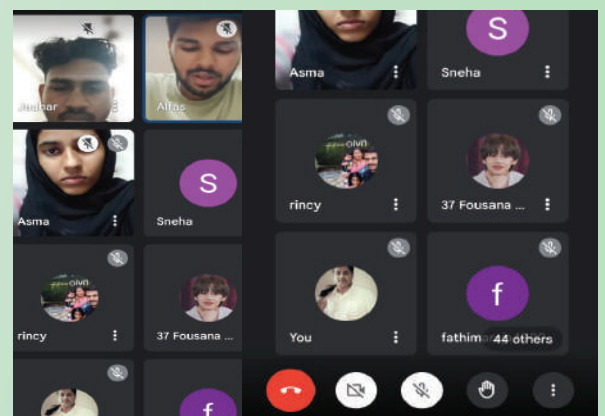
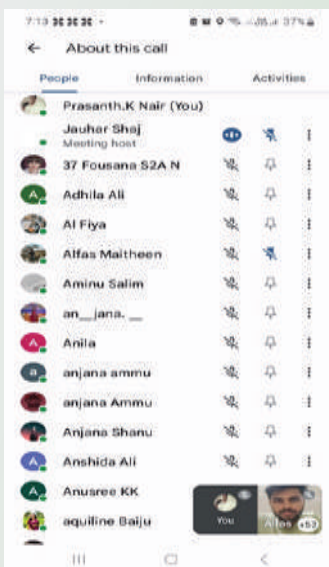
BOOK LAUNCHING CEREMONY

A book titled “Be Familiar with Unfamiliar – An Abstract on Rare Disease” was released on 3rd June 2023 by Dr .P Unneen, Managing Trustee, Shifa Medicare Trust. This book consists of 36 chapters contributed by faculty of Al Shifa College of Nursing which has been compiled and edited by Internal Quality Assurance Cell.



EXAMINATION ORIENTATION PROGRAMME

Training has been given to first semester BSc Nursing students on how to perform University Examination. The programme was organized by College Union, SSGP & Examination Cell.





Mrs. SHINU XAVIOUR

Assistant Professor
Al Shifa College of Nursing

GOLDEN CHILD SYNDROME

Golden Child Syndrome refers to a dynamic within families where one child is excessively favored and held to high standards, often at the expense of their siblings.

THERE ARE SOME CAUSES THAT CAN LEAD TO THIS SYNDROME

Unrealistic high expectations by parents

Parents may have unrealistically high expectations for one particular child, leading to an intense focus on their achievements and success.

Definitive favoritism

Sometimes, a parent may show favoritism towards one child due to personal preferences, similarities, or other factors.

Emotional manipulation

Narcissistic parents may use manipulation tactics, such as guilt or praise withdrawal, to maintain control over their children and reinforce the Golden Child role.

PSYCHOLOGICAL EFFECTS

It leads to identity issues and a fragile self-esteem

These children can heavily rely on external validation. This can lead to fragile self-esteem, making them vulnerable to fluctuations in praise and criticism. As a result, they may struggle with developing a strong sense of personal identity, as their desires and aspirations may be overshadowed by parental expectations.

There is a fear of failure

Since there has been excessive pressure to excel and meet unrealistic expectations, this can

contribute to anxiety and a fear of failure. Golden children often experience intense performance anxiety, as they fear disappointing their parents and losing their favored status. This fear can lead to avoidance of challenges, limited risk-taking, and a reluctance to explore new opportunities.

They may lack emotional intelligence and lack empathy

Since these children are shielded from any sort of criticism and consequences, they may struggle to understand and relate to the experiences and emotions of others. This lack of empathy can strain their relationships, making it challenging to form authentic connections.

Their relations with other family members can get ruined

Set boundaries with relatives and parents

Establish healthy boundaries with your family members, including the parent or parents who treated you as the Golden Child. This may involve asserting your needs, expressing your feelings, and setting limits on the ways in which you will engage in the dynamics that reinforce the Golden Child role. Cultivate relations outside the family for support. Cultivate relationships outside the family that provide emotional support, validation, and healthy perspectives. Building a network of friends or support groups can help to develop a sense of belonging and reinforce healthy relationship dynamics.

Seek therapy

Therapy, particularly family therapy, can play a crucial role in addressing the Golden Child Syndrome. A trained therapist can help individuals navigate the complex emotions associated with their role as a golden child and guide them towards healthier family dynamics.

Explore your authentic self

Explore and develop your own interests, passions, and goals outside of the expectations placed upon you as the Golden Child. Embracing the individuality and pursuing activities that bring joy and fulfillment can help to establish a sense of self that is independent of the Golden Child role. This syndrome has a typical impact on people/children who are caught in this grip. It is better to understand and work on the effects as soon as possible.

BLOOD DONATION DRIVE



Blood donation camps are those camps where blood is obtained from suitable healthy donors for people of various blood groups who are in need of blood. Red Ribbon Club, NSS and Student Union arranged 36 students from Al Shifa College of Nursing to donate blood at blood bank, KIMS Al Shifa Hospital and Government District Hospital, Perinthalmanna on 16th June.

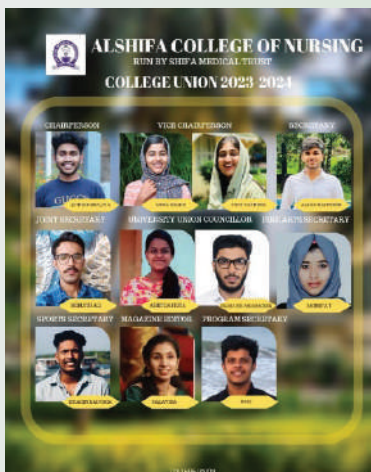
A SESSION ON NON-PARAMETRIC TEST

Nonparametric tests are methods of statistical analysis that do not require a distribution to meet the required assumptions to be analysed. A session on non-parametric tests was taken by Dr. Biju George, Associate Professor, Community medicine, Government Medical College Manjeri, organized by Internal Quality Assurance Cell.



COLLEGE UNION INAUGURATION

The inauguration ceremony of College Union, Al Shifa College of Nursing was conducted at the college auditorium on 13th June. The chief guest of the programme was Mr. P. C. Aravindan, famous poet and lyricist, inaugurated the reading day. Mr. Krishnaprasad K V, leading publicity designer at Mollywood industry and singer was the special guest of the programme.



WORLD ENVIRONMENTAL DAY



World Environment Day puts a global spotlight on the pressing environmental challenges of our times. This UN international day has become the largest global platform for environmental outreach, with millions of people from across the world engaging to protect the planet. Environmental day was observed by conducting interschool competition – painting and collage making by the OBG Department and NSS unit.

CALM MIND

While there is no way the mind can be 'turned off' for some time, the holistic yoga package comprising yoga postures (asanas), breathing exercises (pranayama), Sudarshan Kriya and meditation helps the mind come back to the present, and restores clarity and alertness. Value added class on yoga was conducted by community health nursing and NSS for 4th year B.Sc Nursing students.



INNOVATION THROUGH YOUNG INNOVATORS PROGRAM

The programme aims to empower future innovators to innovate new products, services or models to meet emerging requirements, unarticulated needs, or existing market needs of the society more effectively through an innovative challenge. Orientation session was arranged by IQAC Cell. The speaker of the programme was Mr. Shamil Shajayath R N, District Intern, Young Innovation Programme.



A poster for the 'Innovation Through Young Innovators Programme'. The poster features the logos of K-DISC (Kerala Development and Innovation Strategy Council) and YIP (Young Innovation Programme). The text on the poster reads: 'Innovation Through Young Innovators Programme', 'An Orientation Session', and 'Shamil Shajayath RN (District Intern, Young Innovation Programme)'. The date '2023 JUNE 23' is also displayed. A circular portrait of Mr. Shamil Shajayath R N is included on the right side of the poster.

VIBHA

Ethnic day was organized by Medical Surgical Nursing department and SNA. A mini India was created with students in their dazzling, colourful, exquisite traditional apparels and the whole campus seems to be charged with ethnic atmosphere. In the era of modernization and westernization when most of the people are moving away from their own culture and history, events like Ethnic day enable the young generation to revive love and respect for their own culture and history. Ethnicity plays a major role in how students' personality is shaped. Little ones were provided with an opportunity to celebrate the diversity of vibrant and colourful India.



ICAMPUS ORIENTATION PROGRAMME

I campus is a comprehensive management system that automates most of the daily tasks performed by all staff members. A session was conducted by IQAC to update innovative solution that inter connects all departments and streamlines academic processes and procedures.



SCHOOL HEALTH PROGRAMME

School health programme at M.A.M.U.P School Vellila and S. M. U. P School, Perinthalmanna on 14th July was conducted by the Community Health Nursing department. The activities were exhibition, vision testing, health assessment, medical consultation and health awareness session.

The department of Child Health Nursing was conducted the school health nursing programme at S. M. U. P School, Perinthalmanna on August 8th. Health assessment and education, and health exhibition were the activities done by the students.

The programme meant for preservation and enhancement for the health of children and to strengthen health promotion and disease prevention.





Mrs. NASHEEDA

Assistant Professor
Al Shifa College of Nursing

MODERN TEACHING METHODS – IT'S TIME FOR THE CHANGE

DEFINITION

“The teaching method which focuses more on teaching the students for improving their intellect behavior by using various new and innovative ideas rather than making them recite the syllabus to clear the examination with the same old style known as

CHARACTERISTICS OF MODERN TEACHING METHODS

- Learner-centered
- Task-Based or Activity-based
- Interactive in Nature
- Integrative in Nature
- Peer Collaboration

MODERN TEACHING METHODS

SPACED LEARNING

- In this method, teachers repeat a lesson multiple times, basically until the students understand entirely. However, the teacher repeats the course with two 10-minute spaces (break) in-between the lessons.
- The gap is meant to refresh the mind by playing physical activities or mindfulness techniques which prepares them for the next session of the same lesson.

FLIPPED CLASSROOM

- students study new material or content at home by themselves and practice the same at school. The method is the reverse of providing content at school and asks students to practice it at home.
- The students practice this method at home by

watching a video tutorial, search online, or work on the content usually shared by the teacher. They do not need to complete the homework at home. Instead, they end it at school.

SELF-LEARNING

- Teacher should allow the students to bring new ideas and work on it for the development of their brain and ability to work alone. This modern teaching method plays a significant role in learners' period of education.
- Teaching students to operate the internet and find results themselves helps them to be self-dependent and gives them a deep understanding of the content.

GAMIFICATION

- Teaching through games is one of the essential modern teaching methods that has been in use under modern teaching ways.
- Teachers as they should plan or design projects that will be suitable for the students of their respective age.
- Teachers can organize online quiz, puzzles or brain games.

VAK TEACHING

- Divide learner into three categories: Visual, Audio, and kinesthetic (movement). One needs to recognize to which category they belong to or the teacher must know to which category her students relate to.
- V is visual means seeing the data, A is Audio means gathering information by hearing the data, and K is Kinesthetic means feeling the data.

CROSSOVER LEARNING

- Teachers should introduce new queries or questions in the formal setting and answers for which students should try to find in informal settings such as by exploring that question on their museum visit. The learners can take notes or collect pictures as their data and produce them as the information once they backed in the Classroom. They can share collected information with other classmates and can discuss it for better results.



OUTCOME BASED EDUCATION

Outcome-Based Education (OBE) is an educational approach and philosophy that focuses on defining and measuring specific learning outcomes or objectives as the central part of the instructional process. A session on OBE was organized by IQAC on 11th July at Al Shifa College of Nursing by Sr. Godwin, Associate professor, Jubilee Mission College of Nursing, Thrissur.



INSERVICE EDUCATION PROGRAMME-CARE OF CHILDREN



Inservice education helps the individuals acquire new knowledge, skills, and competencies while they are already employed or actively practicing in their respective professions. Ms. Abitha Priya, 2nd year M. Sc. Nursing student presented topic on care of children at TIC Secondary school, Tirur on 15th August on behalf of Community Health Nursing Department.

PAIN AND PALLIATIVE CARE SOCIETY

Pain and palliative care are essential aspects of healthcare that focus on providing relief and comfort to individuals suffering from serious illnesses, particularly those with life-limiting or terminal conditions, Health check up and health education was organized by Mental Health Nursing Department.



BREAST FEEDING WEEK CELEBRATION

The Breast feeding week celebration is to promote awareness regarding the importance of optimal breastfeeding in infants and measures to support working women in successfully completing exclusive breastfeeding. Breast feeding week celebration was organised by Department of OBG, Women Cell & NSS.

Health talk and pamphlet distribution was conducted at ARMC Hospital, Perinthalmanna on 3rd August. On 4th exhibition, Health talk, role play, pamphlet distribution and motivation kit distribution was conducted at Ramdas Hospital, Perinthalmanna, and poster making competition was conducted at Al Shifa College of Nursing, Perinthalmanna. Exhibition and Health talk was conducted at Government Hospital, Perinthalmanna on 7th August 2023 on the theme “Enabling Breastfeeding, Making a difference for working parents”.



WELL BABY CLINIC BY COMMUNITY DEPT.

Well baby clinics play a crucial role in monitoring and promoting the health and development of babies from birth through their early years. Department of Community Health Nursing conducted Health Awareness session and Health Assessment on behalf of Well Baby Clinic at Parakkottupalam Anganwadi, Kozhipparambu on 4th August.



COMMUNITY NURTITION PROGRAMME

It is an event that aims to provide students with information about nutrition and offers attendees the opportunity to try food samples while learning about healthy eating, the nutrition program was organized by community health Department, at Mankada Gramapanchayath





Mrs. AISWARYA. A
Nursing Tutor
Al Shifa College of Nursing

BEST DISEASE

DEFINITION

Best disease, also known as vitelliform macular dystrophy, is an inherited retinal disease causing macular degeneration.

SYMPTOMS

- In the initial stages, a bright yellow cyst (fluid-filled sac) forms under the retinal pigment epithelium (RPE) beneath the macula. The RPE is a layer of cells that provides support for photoreceptors.
- Fluid and yellow deposits from the ruptured cyst spread throughout the macula. At this point the macula has a scrambled egg appearance.
- Once the cyst ruptures, the macula and the RPE begin to atrophy (degenerate) causing further vision loss.
- Retinas affected by Best disease also have the accumulation of yellow flecks called lipofuscin, which can also cause vision loss.
- In many people with Best disease, central vision deteriorates to about 20/100 later in life.

HOW THE DISEASE IS INHERITED

- Mutations in the BEST1 (VMD2) gene cause Best disease.
- The unaffected partner will only pass normal genes.
- Genetic counselors are excellent resources for discussing inheritability, family planning, genetic testing, and other related issues.

EVALUATION

- The disease usually involves the eye only with no systemic manifestations.
- Refractive error (usually hypermetropia) may be present
- Visual field - Usually, there is no peripheral visual field defect. Central scotoma may be present.

- Autofluorescence
- Fundus fluorescein angiogram (FFA)
- Optical coherence tomography (OCT)
- EOG - The normal light peak to dark trough ratio (Arden ratio) is at least

DIAGNOSIS

- Genetic testing is available for Best disease. It helps confirm the diagnosis and the risk of passing the condition from parent to offspring. It also helps with attaining an accurate diagnosis. A patient with an accurate diagnosis is in a better position to understand which emerging treatment approaches and clinical trials are most appropriate for them.
- The diagnosis of BVMD needs the following criteria
- Presence of one of the typical lesions of BVMD
- Abnormal EOG
- Dominant mode of inheritance
- Typical natural course and onset of the disease as in BVMD

TREATMENT AND MANAGEMENT

- Best vitelliform macular dystrophy without a choroidal neovascular membrane (CNVM) needs no treatment. Dilated fundus evaluation of family members, electrophysiological testing (EOG, ERG), and genetic analysis are essential in establishing the diagnosis. Regular follow-up is vital for the early detection of complications, especially CNVM.
- •The CNVM may respond favorably with anti-vascular endothelial growth factor agents (anti-VEGF agents like bevacizumab, ranibizumab, or aflibercept). Other options include laser and photodynamic therapy. The CNVM may regress spontaneously also, but the visual outcome may be better with anti-VEGF agents. On average, one bevacizumab injection was necessary for BVMD with CNVM in the study by Khan and colleagues.
- All patients should receive good refraction.
- In patients with significant cataracts, cataract surgery may lead to visual improvement.
- Amsler grid is an important tool for home monitoring and may detect metamorphopsia early.

COMPLICATIONS

- Choroidal neovascular membrane leading to disciform scar
- Subretinal fibrosis
- Macular hole (rare)

OBSERVATION VISIT

Department of Community Health Nursing conducted an observation visit to District TB Center, Manjeri for 4th year B. Sc. Nursing, 2nd Year Post Basic B.Sc. Nursing and 2nd year M.Sc. Nursing on 11th August.



INTERNATIONAL YOUTH DAY

A day designed to celebrate the role of young men and women as essential partners in change. It is also an opportunity to raise awareness of challenges and problems facing the world's youth today. The programme was organised by NSS, Nature Club, and the department of Mental Health Nursing on the theme "Green skills for youth: Towards a Sustainable World" by arranging a Tree Plantation Drive at Kodikuthi Mala Eco tourism, Perinthalmanna.



INDEPENDENCE DAY

The Independence Day of India, which is celebrated religiously throughout the Country on the 15th of August every year, holds tremendous ground in the list of national days, since it reminds every Indian about the dawn of a new beginning, the beginning of an era of deliverance from the clutches of British colonialism of more than 200 years. Flag Hoisting was done by Mr. K. T. Abdul Rassaque, Secretary, Shifa Medicare Trust at Al Shifa College of Nursing.



MOU SIGNING CEREMONY

ALSHIFA COLLEGE OF NURSING AND FIT N FINE FITNESS STUDIO



Memorandum of Understanding was signed between Al Shifa College of Nursing and Fit & N Fine studio, Malappuram by MSN Department for Fitness training programme.

NATIONAL SERVICE SOCIETY PERINTHALMANNA

Memorandum of Understanding was signed between Al Shifa College of Nursing And National Service Society, Perinthalmanna by community health nursing department for youga training purpose.



ALSHIFA COLLEGE OF NURSING AND AMRUTHAM AYURVEDA HOSPITAL AND RESEARCH CENTRE



Memorandum of Understanding was signed between Al Shifa College of Nursing And Amrutham Ayurvedha Hospital & Research Centre, Perinthalmanna, by Nature Club for Training purpose.

INAUGURATION CEREMONY OF VALUE-ADDED COURSE DRIVING SKILLS



Inauguration ceremony of Value added course on driving skills for women was conducted by Child Health Nursing department and Women cell, Al Shifa College of Nursing. The inauguration was done by KVR group and discussed regarding physical skills required for driving include proper hand placement, gear shifting, pedal operation, steering, braking, and operation of ancillary devices and Mental skills involve hazard awareness, decision-making, evasive maneuvering, and understanding vehicle dynamics.



STUDY TOUR TO RUSHA

As a part of community educational visit fourth year BSc nursing students visited RUHSA,CMC,VELLORE.RUHSA provides both treatment and education as one of CMC Vellore's community hospitals. The Rural Unit for Health and Social Affairs provides holistic care .It combines medical treatment with development through education for the people in the communities.



ONAM CELEBRATION-THEY THAKA

Onam brings the memory of the golden era of Kerala state which gave the priority to the welfare of the people Onam programme was organised by college union and 4th year BSC(N) Students.



AL SHIFA COLLEGE OF NURSING

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