

**PGP COLLEGE OF
NURSING AND RESEARCH**

NURSING DIGEST



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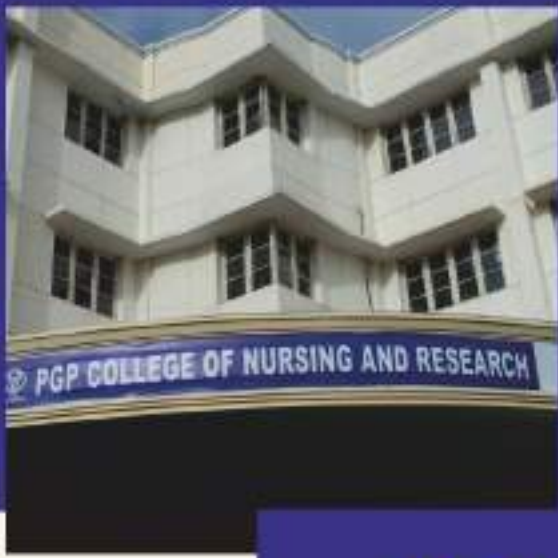
**Being a Nurse
means to hold all
your own tears... ,
and start
drawing smiles on
people's faces....**

**April 2024 -
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CHAIRMAN'S MESSAGE

The ethos and atmosphere of PGP College of Nursing culture can be seen in our Nursing Digest. It's important to keep in mind that NURSING College faces the challenge of maintaining and improving its reputation as an Institute that excels in its education and various developmental programs.

The Principal , faculties, staff, and students' dedicated efforts have led to our institution being rated as one of the notable college, and I am proud of it.

I wish the Editorial Team a great success !!

DR.PALANI G PERIASAMY, M.A, M.A, Ph.D
Chairman,
PGP Group of Educational Institutions.



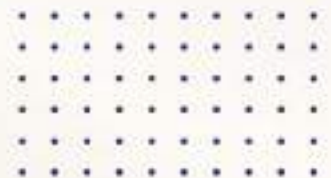
CURRICULAR ACTIVITIES

TAMILNADU DR. MGR MEDICAL UNIVERSITY EXAMINATIONS RESULTS



The teachers' rigorous coaching and guidance contributed to the Third years' 96% pass percentage in university exams. Twenty Eight students received distinction marks in their major subjects.

The Second year students achieved a 98 percent pass rate in the University Examinations.



Mrs. Latha.D ,Asst prof and the faculty members of her department guidance helped the third semester students to achieve a 98% pass rate and 100% in Medical Surgical -I .

The First Semester students passed the University Examinations with a 90% pass rate, and 11 of them received distinctions.

GUEST LECTURE



ALUMNI STUDENT



Guest Lecture was arranged by the Child Health Nursing Department on 21.09.2024 from 10.30 am to 12.30 pm. Speaker MRS. B. MANIMEGALAI, M.Sc (N), (PhD-N), HINDUSTHAN COLLEGE OF NURSING , COIMBATORE and Alumni of 2007-2011 ,First Batch Student has taken a lecture on topic "NEW BORN APPRAISAL for Third year students . She has published number of papers in National and International Journals. She has delivered lectures in various organizations. She also chaired Demonstration session. Total of around 100 students and staff participated in this programme.



CONFERENCE AND SEMINAR ATTENDED



Third year thirty five students and one nursing faculty Mr.S.Thamaraikannan Tutor attended a one-day National seminar on Mental Health Challenges at Kongunadu college of Nursing, Coimbatore .All students received participant certificate from college principal.





Final year thirty five students and one nursing faculty Mrs.N Indhumathi, Asst.Prof attended a one-day National seminar on Emerging Excellence in Cardiac Care at Paavai college of Nursing, Namakkal .

Seminar at Paavai College

Six students from final year participated in poster presentation regarding Cardiac Rehabilitation and got appreciation certificate.



CO CURRICULAR ACTIVITIES

COMMUNITY ACTIVITIES



School health programme

Students of IV year and community department organized an awareness programme and gave awareness to school students about drugs. -

In this program, school students were made aware of the consequences of using drugs and how to protect themselves from drug addiction through puppetry.



More than 200 school students participated in it. Assistant Professors Mrs. Vanitha Asst.P .Prof and Mrs.Satya Lavanya.B, Tutor organized the program



On the occasion all the students had taken the pledge that they will never use any kind of drugs or substance in their life.

COMMUNITY ACTIVITIES



A total number of 95 students participated for the cookery demonstration .They were divided into 15 groups of 6-7 students in each, and each group had prepared one therapeutic diet for patients and were given 02:00 hours for preparing the diet.

Every student participated with full of enthusiasm and they were supervised by our Mrs. Vanith P Asst.Prof and Mrs. Sathyalavanya.B,Nursing Tutor.

A cooking demonstration was held on 1st and 2nd June 2024 by Final year students to convey nutritional information to a target group through cooking and sharing nutritional tips as it is being done.

HIV/AIDS AWARENESS FLASH MOB

In an attempt to create awareness of prevention of HIV/AIDS, Medical College and Hospital Organized an Intensified Campaigning on 'AIDS /HIV Awareness at Namakkal Market Place through flash mob. Our First year seventy five students Actively Participated in 'AIDS Awareness Day' flash mob on 12/08/2024 to spread the message about rights of the infected persons and prevention of HIV/AIDS. Dr.S.Uma,IAS ,Collector ,Namakkal flagged off the Flash mob and Dr. Santha Arunmozhi ,Dean Medical college ,Namkkal presided over the programme. Ms. Manorajitham.K and Ms. Ramya .M,Tutors accompanied with the students.



FM RADIO ACTIVITIES



The department of Community Health Nursing has taken extensive steps in conducting awareness programs through our college Community FM Radio 90.8. Regularly students show interest in telecasting awareness programs through FM Radio.

During this six months they have given Dengue, Malaria, Breastfeeding, Diabetic care awareness talk through 90.8 F.M radio. Community faculties and Students show their interest in giving awareness programme in FM radio.



HEALTH CAMPS

EYE CHECK UP CAMP

Our college with the team of Dr. Agarwal's Eye Hospital conducted an Eye Screening Camp on 24.08.2024 for the teaching and non-teaching faculty members and students. The Eye camp inaugurated by our correspondent Mr.M. Ganapathy and Dr.K.Periyasamy Dean (AA) and began at 10.00 a.m.



- More than 47 teaching and non-teaching faculty members and 250 students participated in Eye camp. After the Eye check up every member got the report. Everyone was counselled and explained about present eye health, measures to be taken and lifestyle counselling were given. Our principal Prof.V. Shenbagalakshmi has organised this camp very successfully.



BLOOD DONATION CAMP

- On 11th July 2024 PGPCONR, organized a blood donation camp. The camp was organized in collaboration with Government Medical college Hospital, Namakkal by the Medical-Surgical Department faculties. The Camp started around 9 o'clock in the morning, with donating blood. The entire PGP Group College students nearly 55 happily donated their blood to needy people.



Apart from students, many faculties also participated in this. Students and other people who had participated in this blood donation camp were given certificates and a small gift hamper. To watch over the entire process and to collect the blood, a team of Three doctors from Government Medical College Hospital was put in charge. We would like to thank every blood donor of our camp. Our student's blood is truly a gift of life for many patients.

HYPERTENSION SCREENING CAMP



A blood pressure screening camp organized jointly by Tamilnadu Dr. MGR Medical University and PGP College of Nursing, Namakkal was held at Nallur.

The camp was held under the guidance of Principal Prof. V. Shenbagalakshmi. Final year B.Sc Nursing students did blood pressure test. More than a hundred people benefited from it.



The event was led by Mrs. Vanitha.P ,Asst prof and Mrs. Satya Lavanya.B , Tutor of our college.

NATIONAL DAYS OBSERVATION

NATIONAL LAW DAY

PUSHING LIMITS AND DISPELLING MYTHS.



Legal Awareness Camp was organized by community department, on may 02 /2024 aimed to educate the students on various legal aspects. Advocate Elakkiya from the Paramathi Court ,Namakkal delivered an informative and engaging talk on legal awareness relevant to students' lives.

The session encompassed discussions on fundamental rights, legal responsibilities, gender equality, and the importance of understanding legal frameworks in society. Final year near 95 students attended and enriched their knowledge about basic law.



The World Environment Day on 5th June 2024 was celebrated in a meaningful way by the adopting the theme for 2024 # Land Restoration desertification and drought resilience. Our Principal Prof .V. Shenbagalakshmi .V Organized the awareness programme. It is imperative that we safeguard the health of our planet and the protection and revival of ecosystems all around the world.

Mr. M .Ganapathy , our correspondent was the Chief Guest on this occasion . In his Speech he highlighted about the rise in atmospheric temperature and deteriorating quality of environment, and emphasized on various protective actions at individual, as well as community level to protect environment from further deterioration by growing more trees.



A ceremonial tree planting was conducted by the Chief Guest, Dean, Principal, faculty members, and students of our college. Saplings were planted at the college premises.



**ENVIORNMENTAL
DAY**





YOGA DAY

We Celebrated International Yoga Day on June 21st, with great enthusiasm. A special activity was arranged for the students by our PGP yoga college. Yoga college students demonstrated some simple and beginner standing and sitting asanas which were performed by the other students. The benefits of the postures were narrated by the Yoga teacher side by side as students performed with the instructions. All the nursing students participated eagerly by following the instructions.



INDEPENDENCE DAY



Independence day was celebrated with great enthusiasm and respect on 14/08/2024, everyone on the campus was geared up & enthused for the momentous occasion.



Our correspondent Mr.M.Ganapathy hoisted the national flag sharp at 9:00 am and all in unison sang the Flag song to pay homage to the nation. Then followed by Patriotic Poems, speeches and Songs were recited by the Ms.Ashika ,Ms.Grace and Ms. Dona Mary Binay . Dean (AA), all principals and Vice Principals of all colleges and students participated in the event. In the end of the ceremony, Snacks distributed among the students.



GENDER EQUALITY DAY

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Department of Medical Surgical Nursing organized a Gender equality day August 26th 2024 to help, motivate and encourage for students about Gender quality. Prof.E.Ganesan ,Vice Principal coordinated this event with New Dawn social worker centre B.Sc Nursing 4th Semester students participated in this Event.

Total 100 students with 4 faculty members participated in this program. The Chairperson of New Dawn social worker centre Sr.Nancy and their associate members and one transgender person also participated and delivered the speech regarding the importance of Gender equality among students.



GROUP OF INSTITUTIONS

NURSING AND RES



Our students organized the Teachers' Day on 5th of September with great enthusiasm. The whole program was organised by the student council of final year. A warm welcome at the seminar hall entrance with flowers, and Chocolate was a pleasant surprise for all the teachers.

TEACHERS DAY

The program started at 2.30 p.m. with an opening dance. The Principal Prof V. Shenbagalakshmi presided over the function. Then the Principal congratulated the teachers and acknowledged the sincere efforts they put in every day. She gave a valuable speech on teachers' role and explained the importance of Teachers' Day.

Some students also expressed their gratitude towards the teachers by giving short speeches. Students performed cultural activities like dance, songs, poems, dramas, etc. on this special occasion.



FIRST AID DAY



An exhibition /workshop on first aid was organized by First year students on 8th September 2024. The workshop sessions focused on the basics of first aid and how to provide first aid in wounds, bleeding, musculoskeletal injury, burns, heatstroke, poisoning, bites, drowning, fainting, seizures and unconsciousness. Ms. Manoranjitham.K Lecturer, the class in charge and Mr.Thamaraikannan.S ,Tutor ,organized the event. Our Principal Prof.V.Shenbagalakshmi , inaugurated the exhibition.

FIRST AID EXHIBITION



All first year students demonstrated dressing of the wound, applying the different types of bandages, splinting the injured body part, providing cardiopulmonary resuscitation, and transferring the victim. There was active participation by all the PGP group students and they expressed that the exhibition was very useful for them to meet the emergencies in any situation.





On the 10th of September 2024, the department of Psychiatric Nursing conducted awareness seminar about suicide prevention. Dr.V.F.UVAIS , M.D Psychiatry , Karur Mind Clinic was invited as guest speaker on this day. The program commenced at 10:30 am and Principal Prof V.Shenbagalakshmi , welcomed the Speaker and encouraged all the participants. Speaker discussed his extensive expertise, depth of knowledge, and opinions on the subject.

All of the students found the hour-long seminar to be very interesting and compelling, more than 120-130 students attended, including faculty members. The gathering was a huge success, and everyone valued the chance to learn. Students have provided extremely positive feedback.



SUICIDE PREVENTION DAY





ROAD SAFETY AWARENESS DAY



Road safety education has been recognized as an instrument for reducing road accidents. Research tells us that influencing the behaviour of road users is important in the effort to save lives.

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The event was hosted by Final year students, Program was started with Inauguration by Prof.E Ganesan, Vice- Principal. Principal Prof.V.Shenbagalakshmi said that this event creating traffic awareness among students was very important as it makes them aware about the importance of their and others life.



All students and faculties taken a pledge regarding road safety measures.



Following Inaugural speech, short film was played, which gives information to participants towards best way to keep others and yourself safe while driving and avoid rash driving and always carry all the paper documents of the vehicle and avoid drunk and drive.



Final years explained about mandatory signs, direction control signs, cautionary signs and Information signs.



INSTITUTION VISIT

PSG COLLEGE VISIT



Our Final Year Nursing students, under the guidance of Prof. Ganesan.E Vice Principal and Ms. Sathya Lavanaya .B , Tutot visited PSG college and HospitalCoimbatore on 25th September 2024as part of our educational learning experience. Principal and Matron of the PSG college and hospital explained about the different services of college and hospital.

Students understood about various manpower required in the hospital and their roles and responsibilities at various levels. Everyone had the good experience which they may utilize for their further.



SPECIAL SCHOOL AND OLD AGE HOME VISIT



As the part of subject Mental Health nursing circular activity we had planned field visit activity. Third Year B.Sc Nursing 100 students visited Sivapackiyam Special School and Old age home on 09/05/2024 at 10:00 Am. This educational visit was organized under the guidance of Prof. Prof. E. Ganesan, Vice Principal.

The visit was informative. More than 100 elderly inmates and special children were there. The students interacted with the elderly and special children followed by an entertainment program with music, action songs, and dance. The inmates were very happy and blessed everyone. Later, snacks were distributed to them.



DRUG AWARENESS OATH



On account of International youth day 12th august 2024 as per instruction from District Collector we have taken a pledge regarding SAY NO TO DRUG.

EXTRA CURRICULAR ACTIVITIES



SNA ELECTION

The Student Nurses' Association, popularly known as SNA, is a nation-wide organization of nursing students. The SNA elections of the 2024-2025 was conducted on 27th September 2024, at 2pm. The entire programme was coordinated by SNA President, Principal Prof. V.Shenbagalakshmi, and SNA Advisor, Mrs. Vanitha .P, Asst. Prof, along with 402 students of B.Sc Nursing, M.Sc Nursing students who participated in SNA election programme. Prof.E.Ganesan, Vice Principal arranged the election an organized way with the final year students. On 28th September 2024 result was declared by Principal mam.



The elected members are:

Vice President - Mr. Sriram.N- IVth year

Secretary - Ms. Dona Mary Binoy, IIIrd year

Treasurer - Mr. Suriyanarayanan R, II nd yaer.



ONE DAY TOUR/VISITS



One day Tour was organized by Medical Surgical Department on First October 2024 to Kodaikanal



One day Tour was organized by Medical Surgical Department on First October 2024 to Kodaikanal. The tour comprised students of B.Sc. Nursing I year 75 students accompanied by 2 faculty members, Ms.Manoranjitham.K, Lecturer and Mr. Thamarai Kannan.S, Tutor.

All the students were directed to gather at College Hostel gate at 5:30AM. Principal wished all the students for best and safe journey. On the trip, the students visited places like Silver falls, Coaker's Walk, Kurinji Andavar Temple, Pillar Rock, Pine forest and the Lake.



Students have enjoyed the trip as an experiential learning and gave a positive feedback.



As per the instruction from Tamilnadu Dr.MGR Medical University curriculum department for the "University Research Day" on 26 th September 2024 competitions like JAM (Just a Minute), a Hack-a-thon, Meme and an Essay writing at college level conducted and the short listed / selected students send to the University.

"UNIVERSITY RESEARCH DAY" COMPETITIONS



Mrs. Vanith.P Asst Prof, coordinated with university and conducted the competitions.

The theme of the Competitions "Role of Artificial Intelligence in Medicine" Many students actively participated in the competitions.All got participation certificate.



ONE DAY TOUR

One day trip was organized by Paediatric Department on September 2024 to Coimbatore. The tour comprised students of B.Sc. Nursing III year accompanied by faculty members, Mrs.Bhuvaneshwari,N Lecturer and Mrs. Sathyalavanya.B and Mr. Siva Prasad.M. All the students were directed to gather at College Hostel gate at 5:30AM. Principal wished all the students for best and safe journey.





PASUMAI THIRUVIZHA



VISITS



PGP Agri College and Vanagam Nammalvar Ecological Foundation Namakkal District, organized a green festival on 01/09/2024. The main focus of the event was to promote millet awareness and organic food cultivation. Cooking with millet was demonstrated.



Prof Ganesan.E, Vice Principal and 75 students of First year students attended the green festival and Purchased needed food for them. They all had enjoyed the visit with lots of information.





A university level sports meet was organised by Tamilnadu Dr. MGR Medical University at Karpaka Vinayaka Nursing college in Chengalpattu on 19/7/2024/ and 20/07/2024 and our 40 nursing students participated on it. Our students played effectively, gained positions, as follows.

FIRST PLACES:

1. CRICKET -BOYS – WINNER (6 MATCHS WIN)
2. VOLLEYBALL GIRLS - WINNER (6 MATCHS WIN)
3. JAVELIN BOYS - WINNER (35 MTS)

SECOND PLACES:

1. DISCUSS THROW GIRLS - SECOND PLACE (22 MTR)
2. SHOTPUT GIRLS - SECOND PLACE (8 MTR)
3. CARROM DOUBLES GIRLS - RUNNER (5 MATCHS)

UNIVERSITY SPORTS MEET





Department of Child health successfully conducted an Inter collegiate Quiz competition on 10th January for the undergraduate students. Our Principal Prof V. Shenbagalakshmi was quiz master. Five colleges participated with three participants in each team give tough battle to each other. Rules and regulations of the quiz were explained at the beginning.

INTRACOLLEGIATE QUIZ

It was interesting Four-round competitions, including objective questions with options round, buzzer round, guess me and rapid-fire round which engaged the students for one and half hour. The students showcased their brilliance by rapidly answering the questions.

Pharmacy college got I place and Engineering got II place. Mr.M Ganapathy correspondent and Dean (AA) distributed the Prizes .





VACCINATION

Department of Medical Surgical organized a Hepatitis B Vaccination Drive for I year students at Vibha hospital in order to keep them protected from Hepatitis virus.2023-2024 batch 75 students were vaccinated. Ms.Latha.D, Asst Prof organized the session along with Ms.Manoranjithanm.K, and Mr.Thamaraikannan .S Lecturers coordinated the programme.





ONAM CELEBRATION

Festival of joy and Happiness



The PGP educational institutions celebrated the Onam on 13th September 2023 to mark unity and equality among the student community. Correspondent Mr. Ganapathy and Dr. K. Periasamy Dean (AA) Inaugurated and Felicitated the Programme. PGP educational institutions welcomed Onam with a huge flower carpet made by the students in the courtyard of the campus.

There are many programs and traditional competitions such as making flower carpets, tug of war, spoon race, etc were organised as part of the celebration. Onam Sadya also arranged for the students and staff. Students participated in the programs with great enthusiasm and joy. The onam celebration ends with a cultural event at the campus.





HOSTEL DAY CELEBRATION

As part of the hostel day celebrations cultural programmes were organised between 4:30 pm and 08:00 pm. The students enthusiastically participated in the on stage events such as solo singing, group singing, solo and group dance, adapt tune.

During the formal ceremony, Girls' Hostel Warden Dr.Thilagarani S. welcomed the gatherings. Dr. Mr.Ganapathy, Correspondent presided over the function and delivered the presidential address

WARM
COLOR



PGP NURSING IN NEWS



பல்வேறு வினையாட்டுப் போட்டிகளில் பரிசில் ஆளவில் சாதனை படைத்த நாமக்கல் பி.ஜி.பி. நர்சிங் கல்லூரி மாணவ, மாணவிகளை படத்தில் காணலாம்.

பரிசில் ஆளவில் சாதனை படைத்த நாமக்கல் பி.ஜி.பி. நர்சிங் கல்லூரி மாணவ, மாணவிகளை படத்தில் காணலாம்.

நாமக்கல் பி.ஜி.பி. நர்சிங் கல்லூரி மாணவிகள் சாதனை

பரமத்தி வேலூர், ஜூலை 24- டாக்டர் எம்.ஜி.ஆர் மருத்துவ பல் கலைக் கழகத்தில் ஏற்பாட்டில் பல் கலைக்கழக அளவிலான வினையாட்டுப் போட்டிகள் சென்னைப் பட்டில் உள்ள சந்திர விநாயக நர்சிங் கல்லூரியில் நடைபெற்றது. இதில் தமிழ்நாட்டில் இருந்து நர்சிங் கல்லூரி மாணவ, மாணவிகள் பங்கேற்றனர். இதில் நாமக்கல்

பலம ததனர், வெற்றி பெற்ற மாணவ, மாணவிகளை பி.ஜி.பி. கல்வி நிறுவனங்களின் தாளாளர் கணபதி கல்லூரிகளில் முதன்மைவர் பெரியசாமி, கல்லூரியில் முதல்வர் சென்பகவட்சல் மற்றும் பேராசிரியர்கள் விரிவுரை யாளர்கள், சாமாணவ, மாணவிகள் அனுபவக் பணியாளர்கள் வாழ்த்தினார்கள்.

பி.ஜி.பி. நர்சிங் கல்லூரியில் இருந்து 60-க்கும் மேற்பட்ட மாணவ, மாணவிகள் பல்வேறு போட்டிகளில் கவந்து கொண்டு வினையாடினார்கள். பி.ஜி.பி. நர்சிங் கல்லூரியை சேர்த்தவர்கள் ஆண்கள் கிரிக்கெட், பெண்கள் ஹக்ப்பந்து, ஆண்கள் ஜூடினில் ஆகிய போட்டிகளில் முதலிடமும், தட்டு ஏறிதல், குண்டு ஏறிதல், கிரைம் ஆகிய போட்டிகளில் 2-ம் இடமும் பிடித்து சாதனை

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நாமக்கல் மருத்துவ பல் கலைக்கழகம், சென்னை, மாணவிகள் கண பரிசோதனை முகாம்.

பி.ஜி.பி. செவிலியர் கல்லூரியில் கண பரிசோதனை முகாம்

பரமத்தி - அருகே உள்ள பி.ஜி.பி. செவிலியர் கல்லூரி மற்றும் டாக்டர் ஆகர்வால் கண் மருத்துவமனை குழுவுடன் இணைந்து சிறப்பு கண் பரிசோதனை முகாம் நடைபெற்றது. பி.ஜி.பி. கல்விக்கழகம் துணைத்தலைவர் வினையாட்சி பெரியசாமி முகாமம் தொடங்கி வைத்தார். கல்லூரி தாளாளர் கணபதி மற்றும் கல்லூரி முதன்மைவர் முனைவர் பெரியசாமி முன்னிலை வகித்தனர். இம்முகாமில் 200க்கும் மேற்பட்ட மாணவ, மாணவிகள் பங்கேற்றனர்.

சென்னை, 19 செப்டம்பர் 2024





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