

# **YENEPOYA NURSING COLLEGE**



## YENEPOYA NURSING COLLEGE



**Dr. Leena K C**  
Dean

### Dean's Message

Yenepoya Nursing College which completed 19 years of fruitful existence in B.Sc Nursing, Post Basic B.Sc Nursing, M.Sc. Nursing and PhD in Nursing under the Faculty of Nursing. The college is committed to quality nursing education through well qualified and experienced faculty. The College provides quality education by incorporating innovative teaching-learning activities that focus on clinical competence of young learners. Our results and placements are proof to the quality education we provide at the college. The college also creates an environment for the generation of new knowledge through research. Meaningful research initiatives by faculty and students resulted in improvement of publications in quantity and quality. Personal attention is provided to each student through our mentoring program.

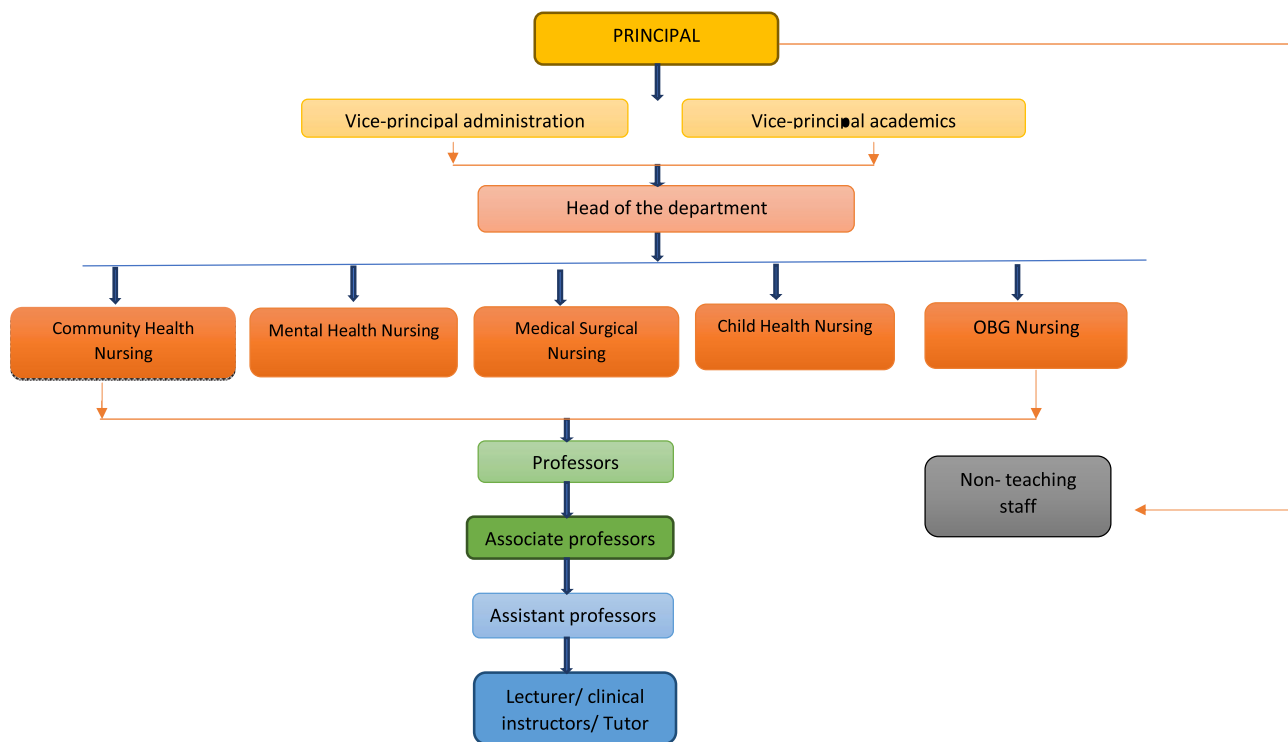
The college is known for its outreach activities conducted through NSS unit, Youth Red Cross units and the Red Ribbon club. Activities were conducted through MoUs with various organizations. The College extended services towards prevention and management of Covid 19 pandemic by providing comprehensive services in communities through home visits, toward testing, patient care and vaccinations.

The year witnessed academic programs like seminars, guest talks, workshops and conferences. The College organized cultural, sports and literary events. College magazine "Yenesis-2020" was released

### Introduction

- The Yenepoya Nursing College (YNC) is a constituent unit of Yenepoya (Deemed to be University). The college was established in 2002, imparting four years B.Sc Nursing Degree Programme. Currently the college offers Post Basic B.Sc Nursing (2years), MSc Nursing (2years) and PhD under faculty of nursing. All the programmes are recognized by Karnataka State Nursing Council and Indian Nursing Council. International students and students from across the country study at Yenepoya Nursing College.

## ORGANISATIONAL CHART



### Vision :

- To be a premier nursing institution of academic excellence, fostering value based education to develop competent professionals and inspiring leaders with a global outlook

### Mission :

- To prepare proficient nursing professionals for providing holistic & quality health care with ethical standards in diverse settings
- To foster an inquisitive mind for innovative and evidence based nursing practice
- To empower professionals to face the future health care challenges of the society

### Objectives :

- To be recognized as a premier nursing college known for academic excellence.
- To be a trusted partner for creation of future ready competent graduates.
- To promote research culture among faculty and students.
- To facilitate leadership and professional growth.



## Executive Summary

### Faculty Profile:

Designation	Existing Number
Professor	5
Associate Professor	5
Assistant Professor	9
Lecturer	15
Assistant Lecturer	1
Clinical Instructor	20
<b>Total</b>	<b>55</b>

### Undergraduate /Postgraduate Student Profile

Program	Sanctioned Annual Intake	No. of Admission
B.Sc Nursing	100	100
P.B.B.Sc	40	39
M.Sc	25	19

### Curriculum innovations :

Board of Studies Date	Program	Course	Resolution	Academic Council Meeting Approval Date
18th Aug. 2020	<b>Certificate Course for UG Programme</b>			
	I P.B.B.Sc [N]	<ul style="list-style-type: none"> <li>Dialysis Nursing</li> <li>Operation theatre Nursing</li> </ul>	Approved with 30 hours theory and 90 hours practical	27/8/2020
	II P.B.B.Sc [N]	<ul style="list-style-type: none"> <li>Forensic Nursing</li> <li>Gerontological Nursing</li> <li>Palliative Care Nursing</li> </ul>		
	<b>Add on courses for students</b>			
	II B.Sc [N]	Applied Nursing ethics	Approved with 30 hrs theory with minor modification	27/8/2020
	III B.Sc [N]	Certificate course for Paediatric Oral Health	Approved to add nursing related goal	

## Research Projects :

Research Projects	Post Gradute	Faculty (Grant/Fund)
Total	54	2
Completed	11	-
On going	43	2

## Publications : 21 Programs conducted

Sl. No.	Theme	Date
1.	Obtaining and Managing research grant successfully	16 - 9 - 2020
2.	Strengthening research proposal by collaboration and partnership	20 - 10 - 2020
3.	Leadership and good governance in higher education institution	26 - 9 - 2020
4.	Creating a reading list for dissertation work" on 2nd September 2020 organized by NAAC Criteria IV, Yenepoya Nursing College	2 - 9 - 2020
5.	E content development-Swayam	22 - 10 - 2020
6.	Accessing E resources and reviewing literature	16 - 10 - 2020
7.	Remedial measures for slow learners	24 - 9 - 2020
8.	E resources for nursing students"	12 - 9 - 2020
9.	Inculcating values among students through education	19 - 9 - 2020
10.	Human Values in curriculum	7 - 10 - 2020

## Awards/Accolades

1. Red Ribbon Club of Yenepoya Nursing college Received best ribbon club award at district level 1st December 2020



Red Ribbon club Coordinator of YNC, Mrs. Navya Receiving the award at District level on behalf of YNC on 1-12-2020.

## 2. Activities

### Glimpse of the Activities : Students



Student's participation in National integration Camp at Padua college inauguration (NSS Unit-II, YNC) on 23-02-2021



Parent teacher meeting on 7-12-2020



Ms. Asiya [B.SC Nursing students] With Organizers in State level Pre- RD training



Neeladri From BSc Nursing won first place in Body Building- Under 23 and secured a title "Mr.Daskhina Kannada" on 21-02-2021



Red cross faculty training on first aid management to IB.Sc Nursing Students on 22-2-2021



Nurses Day Cultural Competition on 12-5-2020

### Glimpse of Activities : Faculty



Staff development Programme on Google Technology : Google classroom and Google form on 11-07-2020



Mrs. Renita Priya D'Souza Assistant Professor NSS Officer Unit-II ,YNC providing awareness on COVID-19 for school children on 24-03-2021



Rashtriya Ekta Diwas Pledge by Faculty(NSS Unit-II, YNC) on 4-11-2020



OATH taking by faculty against COVID-19 on 20-10-2020



Disaster Response Team Training for Faculty by Indian Red Cross Society on 4-9-2020

## Department of Medical Surgical Nursing

**VISION :** The best possible quality of patient care delivered through the innovative means of nursing practice.

**INTRODUCTION:** The Department of Medical Surgical Nursing including Nursing Foundation aims to offer comprehensive training to UG and PG students to attain knowledge and skills in basic and advanced nursing procedures including the upcoming scientific advances. It also enables them to face new challenges and opportunities in various health care settings.

### THRUST AREAS :

- Infectious diseases
- Diabetes
- Cancers
- Complementary therapies
- Preventive care

### TEACHING FACULTY :



### Faculty Profile:

Sl.No.	Name	Designation
1	Mr. Shashikumar Jawadagi	Professor & HOD
2	Dr. Sasikumar S	Professor
3	Mr. Gireesh G.R	Associate professor
4	Mrs. Hezil Reema Barboza	Lecturer
5	Mrs. Anju Ullas	Lecturer
6	Mrs.Indumathi	Lecturer
7	Mrs. Prashma	Lecturer
8	Mrs. Pavithra	Lecturer

Sl.No.	Name	Designation
9	Mrs. Jyothi	Lecturer
10	Mr. Melvin Jacob	Lecturer
11	Mr. Sreekanth P S	Lecturer
12	Ms. Daisy	Lecturer
13	Ms. Muriel D Souza S	Clinical Instructor
14	Ms. Bhavya D Souza	Clinical Instructor
15	Mrs. Mamatha	Clinical Instructor
16	Ms. Binaka Vitalis Ferrao	Clinical Instructor
17	Mr. Kiran Kumar	Clinical Instructor
18	Ms. Shini Das	Clinical Instructor
19	Mrs. Ashunta Laveena D' Souza	Clinical Instructor
20	Mr. Abdul Vahid	Clinical Instructor

## PROGRAMS CONDUCTED

Sl. No.	Theme	Date
1.	Webinar on "Student nurses: Starting their career amidst COVID-19 pandemic"	04 - 8 - 2020
2.	Webinar on International Day for Older Persons: "Pandemics: Do They Change How We Address Age and Ageing?"	01 - 10 - 2020
3.	Webinar on World Antibiotic Awareness week: "United to preserve antimicrobials"	19 - 11 - 2020

## PROGRAMS ATTENDED :

Sl. No.	Theme	Date	Name of the Faculty
1.	Online workshop on sample size calculations	12 to 26-8-2020	Dr. Sasikumar S
2.	E-International conference on Emerging infectious Disease COVID-19 (ICEIDC)	24-09-2020	
3	International webinar on Journey to futuristic nursing : Opportunities and Challenges	30/04/2021	Mr. Shashikumar Jawadagi
4.	National e-conference on Critical care nursing management of covid-19 pandemic	7/09/2020	
5	International virtual conference on combat COVID crisis	31/07/2020	Mrs. Prashma Bharath



Sl. No.	Theme	Date	Name of the Faculty
6	National e-conference Critical care nursing management of covid-19 pandemic	7/09/2020	Mrs. Prashma Bharat
7	Virtual International conference on combating emerging infectious diseases: need for paradigm shift	9-06-2020 to 11-06-2020	Mrs. Anju Ullas Gireesh G.R
8	International webinar on Contemporary practices: Promoting women's health and wellness	04-08-2020 to 06-08-2020	Mrs. Hezil Reema Barboza
9	National e-conference on Critical care nursing management of covid-19 pandemic	7-09- 2020	
10	Online workshop on systematic review	5-09-2020	
11	National Webinar "Kshamatwa – Ayurveda Approach towards prevention and management of Covid 19	27-08-2020 to 28-08-2020	Mr. Sreekanth P Mrs. Indumathi Mr. Melvin Jacob
12	International webinar series on Pandemic informatics and intendance	28th to 31-7-2020	Mrs. Indumathi
13.	National webinar on E-learning induced stress: A multidisciplinary approach	25, 26-08-2020	Mrs. Indumathi

#### POSTERS/ ORAL PRESENTATION:

Sl. No.	Title of the poster /Paper	Name of the faculty
<b>Faculty</b>		
1	Global Solidarity and Shared Responsibility	Mrs. Anju Ullas
2	E-resources for nursing students	Dr.Sasikumar S
3	Knowledge and practice regarding prevention of deep vein thrombosis among bedridden patients at a tertiary care hospital	Mrs. Prashma Bharath
4	Quality of life of patients living with Diabetic foot ulcer	Mrs. Hezil Reema Barboza
5	Global Solidarity and Shared Responsibility	Mr.Sreekanth P S

#### Student Research Projects/ Dissertations/ Theses (PhD /PG)

Sl. No.	Theme	Name of the Student
<b>PG</b>		
<b>Completed</b>		
1	Quality of life of patients with head and neck cancers in selected hospitals, Mangaluru	Sonia Joseph
2	Effectiveness of intradialytic stretching exercise on leg muscle cramps among patients undergoing hemodialysis in selected hospitals, Mangaluru	Sonia Joseph

Sl. No.	Theme	Name of the Student
<b>Ongoing</b>		
1	Effectiveness of clinical pathway management programme on open reduction and internal fixation on knowledge and practice among nurses	Ms. Shamna Banu P.S
2	Effectiveness of oral administration of ginger (zingiber officinale) and thermotherapy on muscle cramp among patients undergoing hemodialysis.	Ms. Akangshaw Anne Paiva
3	Attitude, practice and factors affecting implementation of the nursing process among nursing students of selected nursing college	Ms. Bonika Surendran TK
4	Factors influencing effective clinical demonstration among nurse educators and student nurses	Mr. Abdul Muzavir KV
5	Quality of life among patients with chronic liver disease in selected tertiary hospitals	Ms. Akshatha Salian
6	Effectiveness of balloon blowing exercises on non specific low back pain among undergraduate students at selected University	Mr. Jithin
7	Effectiveness of simulation on self efficacy and learner satisfaction among undergraduate nursing students	Mr. Muhammed Sharvan
8	Practice of ocular hygiene and risk for ocular disorders among undergraduate students	Mr Arun
9	Level of psychological distress among patients undergoing hemodialysis	Mr. Jithin raj V
10	Effectiveness of teacher guided instruction and Computer assisted instruction for cranial nerve assessment on knowledge and skills among undergraduate nursing students	Mr. Abdul Muzavir KV
11	Effectiveness of abdominal breathing exercise on biological parameters among hypertensive patients	Ms. Akshatha V Salian
12	Risk assessment and knowledge on prevention of deep vein thrombosis among immobilized patients	Ms. Akangshaw Anne Paiva
13	Burden among caregivers of patients undergoing hemodialysis	Ms.Christy Varghese

## PUBLICATIONS :

Sl. No.	Details (Vancouver style in Chronological order)
1	Padmapriya S, Kumar SS. Quality of life of postmenopausal women receiving plant based phytoestrogens. Int J Pharm Sci & Res.2020; 11(10): 4998-03
2	Abdullah T, PadmaPriya S, SasiKumar S. Effect of Information, Education and Communication (IEC) on Knowledge and Attitude regarding Premarital HIV and Haemoglobin Genotype Testing among Adolescents. Indian Journal of Forensic Medicine & Toxicology.2021; 15(2): 3684-90

Sl. No.	Details (Vancouver style in Chronological order)
3	Praveena K R, Sasikumar S. Application of Colaizzi's Method of Data Analysis in Phenomenological Research. Medico Legal Update. 2021; 21(2): 914-4
4	Praveena K R, Sasikumar S. Lived Experience of Women with Ischemic Heart Disease (IHD): A Pilot Study on Phenomenology. Medico Legal Update. 2021; 21(2): 919-6
5	Mujavar SS, Nair RS, Babu R, Gireesh GR. A Descriptive Study to Assess the Knowledge and Attitude Towards Care of Dying Patients among Nursing Interns. Indian Journal of Forensic Medicine & Toxicology. 2021; 15(2):2270-82

### AWARDS AND ACCOLADES (OTHER SIGNIFICANT ACHIEVEMENTS) :

1. Mr. Sreekanth P S received 1<sup>st</sup> place for National Level E poster competition on theme: Global Solidarity & Shared Responsibility held on 1 December 2020 organized by Department of Community Health Nursing In collaboration Red Ribbon clubs of NSS

## Department of Child Health Nursing

### VISION :

Child Health Nursing care through innovation in education and research

### INTRODUCTION :

The Department of Child Health Nursing is equipped with competent faculty who are involved in innovative teaching learning activities, research and actively guiding the UG and PG students. Department has upgraded the departmental library with latest books and books with newer editions. The Child Health Nursing Lab facilitates enhancement of skills of students regarding paediatric procedures. The department strives towards developing an excellent teaching learning environment for the students.

### THRUSTAREAS

- Prevention & promotion of child health
- Communicable diseases
- Nutritional deficiencies
- Vaccine preventable childhood diseases
- Newborn care
- Challenged children
- Play Intervention
- Social media influence on child health



## TEACHING FACULTY :



### Faculty Profile:

Sl.No.	Name of the Faculty	Designation
1.	Dr. Priya Reshma Arhana	HOD/Associate Professor
2.	Dr. Umarani.J	Vice-Principal /Professor
3.	Mrs. Renita Priya D'Souza	Asst. Professor
4.	Mrs. Benazeera	Asst. Professor
5.	Mrs. Melba Roshini Lobo	Asst. Professor
6.	Mrs. Sharin Neetal D'souza	Lecturer
7.	Mrs. Noothan Laveena Lasrado	Clinical Instructor
8.	Ms. Amrutha Sunny	Clinical Instructor
9.	Ms. Jasna John	Clinical Instructor
10.	Ms. Akhitha P	Clinical Instructor

### PROGRAMS CONDUCTED: (Conference /Workshop/Guest Lecture etc.):

Sl. No.	Theme	Date
1	Webinar –Challenges and opportunities for teachers post COVID-19	30.07.2020
2	Webinar -Care of children during pandemic	08.08.2020
3	Webinar on Role of parents during pandemic	14.08.2020
4	Guest Lecture -Paediatric Palliative Care: Concepts, Trends and Challenges	30.04.2021

**PROGRAMS ATTENDED: (Conference/Workshop / Guest Lectures / Moderator/ Seminar/ Resource person/ Panelist.)**

Sl. No.	Theme	Date	Name of the Faculty
1.	Workshop -sample size calculation	12 to 26.08.2021	Dr. Umarani Dr. Priya Reshma Arhana Mrs. Renita Priya D' Souza Mrs. Benazeera Mrs. Melba Roshni Lobo
2.	National level webinar on Conceptualizing the research methods	22 to 23.03.2021	Dr. Umarani J Dr. Priya Reshma Arhana Mrs. Benazeera
3.	Resource person for the Induction and Orientation Program 2020-21, DEEKSHARAMBH at Yenepoya(Deemed to be University) and spoke on Healthy Lifestyle	16.09.2020	Dr. Priya Reshma Arhana
4.	Resource person for the Online health awareness program for school children on the occasion of National Nutrition Week and spoke on Healthy Diet for School Children	26.09.2020	
5.	E-conference on professional publication in nursing	04.08.2020	Dr. Umarani J
6.	Resource person-Basic Course In Technology Enriched Emerging Pedagogical Methods and delivered a session on Mapping of Learning Outcomes	04.08.2021	
7.	International webinar on Journey to Futuristic Nursing : Opportunities and Challenges	30.04.2021.	Mrs. Renita Priya D'souza
8.	National level e Conference on Critical Care Nursing Management for covid-19 pandemic organized by Centre for continuing nursing excellence	07.09.2020	Mrs.Sharin D'Souza

**POSTERS / ORAL PRESENTATION: (Faculty /JRF/PG/UG)**

Sl. No.	Title paper/poster(Specify paper/poster	Name of the Presenter
<b>Faculty</b>		
1.	E-Poster on the theme : Global Solidarity & Shared Responsibility	Dr. Priya Reshma Aranha
2.	E poster on the theme :Global Solidarity & Shared Responsibility	Mrs. Benazeera

Sl. No.	Title paper/poster(Specify paper/poster	Name of the Presenter
3.	Research paper on factors influencing malnutrition among under-five children in National level webinar on Conceptualizing the research methods	Mrs. Benazeera
4.	Research paper on Challenges at technology adoption in academic learning among students during the COVID-19 lockdown	Mrs. Renita Priya D'souza

### Student Research Projects/ Dissertations/ Theses (PG /PhD)

Sl. No.	Theme	Name of the Student
<b>PG</b>		
<b>Completed</b>		
1	Maternal factors associated with low birth weight in newborn - an exploratory study.	Ms.Shilpa Susan Varghese
<b>Ongoing</b>		
1.	Effectiveness of game based learning on post-operative self-efficacy and anxiety among children undergoing surgery in a selected tertiary care hospital at Mangaluru	Ms. Sofia M
2.	Feeding practices, facilitators and barriers to exclusive breastfeeding among mothers of infants attending Paediatric and Obstetric OPD at selected tertiary care hospital, Mangaluru".	Ms. Sofia
3.	A correlative study on knowledge regarding child nutrition, feeding practices among mothers and nutritional status of children at a selected hospital Mangaluru	Mrs. Preema Reshma Pinto
4.	Pattern and factors influencing junk food consumption among children visiting pediatric outpatient department at Yenepoya Medical College Hospital, Mangaluru	Ms. Ashwathy
5.	Psychological adjustment in children with chronic medical conditions visited to Yenepoya Medical College Hospital, Mangaluru	Mrs. Preema Pinto
6.	Knowledge and practice of parents regarding home management of minor ailments in children visiting tertiary care hospital Mangaluru	Ms. Navitha K
7.	Effectiveness of blowing toys on the physiological parameters among children with lower respiratory tract infection at a selected hospital, Mangaluru	Ms. Aswathy
8.	Effectiveness of family centered art intervention on anxiety among hospitalized children in selected tertiary care hospital, Mangaluru	Ms. Navitha K
9.	Effectiveness of Reiki therapy on pain and anxiety among children undergoing surgery in Yenepoya Medical College Hospital at Mangaluru	Fathimath Shaharban M.H

Sl. No.	Theme	Name of the Student
10.	Perception of children regarding paternal involvement in child rearing at a selected school at Mangaluru.	Fathimath Shaharban M.H
<b>PhD</b>		
<b>Ongoing</b>		
1.	Nurse-Led Play Intervention (NLPI) on hospitalization anxiety, fear, negative emotion and pain among children admitted to a tertiary care hospital	Mrs. Benazeera

## PUBLICATIONS :

1.	Umarani J, Ramesh S, Saldanha P, Mendonsa RD, Kayalvizh, Maternal Satisfaction in providing Tactile and kinesthetic stimulation to preterm newborn. International Journal of Nursing Science Practice and Research. 2020; 6 (1): 8-12
2.	Raju AV, Emmanuel A, Shaji D, Faizal MR, Aranha PR. Burnout among nurses at a tertiary care hospital of South India. Indian J Health Sci Biomed Res. 2021; 14(1): 80-3
3.	DSouza RP, Rodrigues DE, Saldanha PM. Children as change agents of knowledge and practice of parents in prevention of Mosquito-borne diseases: A pilot study. European Journal of Molecular & Clinical Medicine.2021; 8(2): 2009-15

## AWARDS AND ACCOLADES (OTHER SIGNIFICANT ACHIEVEMENTS):

Name of the Faculty	Awards
Mrs. Renita Priya D'Souza	Received Good teacher award under student choice category by Yenepoya University on the occasion of Teacher day celebration 2020
Mrs. Benazeera	Received II place for National Level E poster competition on theme: Global Solidarity & Shared Responsibility held on 1st December 2020 organized by Department of Community Health Nursing In collaboration Red Ribbon clubs of NSS
Dr. Umarani	<ul style="list-style-type: none"> <li>• NAAC (National Assessment and Accreditation Council) assessor</li> <li>• Board of Studies External member for Nursing studies at KLE University, Belgaum</li> <li>• IQAC External expert for Nursing studies at KLE University, Belgaum</li> </ul>
Dr. Priya Reshma Aranha	Doctoral advisory committee member at Sri Devaraj Urs Academy of higher education and research

**Extension activities :**

Sl. No.	Program	Date
1	Observed World Breastfeeding Week	1-15th Aug. 2020
2	Observed National Nutrition Week	26.09.2020
3	Observed Children's Day	14.11.2020
4	Observed of Dental Health Month	22-27th Feb. 2021

## Department of Mental Health Nursing

**VISION :**

Foster the contribution of nurses to the improvement of mental health in society by providing the highest quality care for individuals with mental disorders and their families and by promoting mental health and preventing mental illness.

**INTRODUCTION :**

The department of psychiatric nursing was established in the year 2002 with the intention of providing comprehensive mental health care to the patients with mental illness by imparting quality education in both UG and PG academic programs. To progress as a self-sustainable department with innovative research and intends to focus on expansion of infrastructure, staff strength and development activities.

**THRUST AREAS :**

- Mental health of special groups such as women and the elderly
- Psychological needs of chronically ill
- Child and adolescent mental health

**FACULTY PROFILE:**



## Student research projects/Dissertations/Theses (PG / PhD)

Sl. No.	Theme	Name of the Student
<b>PG</b>		
<b>Completed</b>		
1	Effectiveness of physical workout on psychological wellbeing among students in selected university of health sciences Mangaluru	Mr. Christy Babu
2	Effectiveness of reminiscence therapy on self-health perception and self-esteem among elderly residing at selected old age homes	Ms. Reshma Rajan
3	Knowledge regarding use of verbal de-escalation techniques to control violent behaviour in patients, among staff nurses in selected hospital Mangaluru	Mr. Christy Babu
4	Academic burnout and its contributing factors among undergraduate nursing students in a selected college Mangaluru	Ms. Reshma Rajan
<b>On going</b>		
5	Effectiveness of video-assisted intervention on perception and anxiety among patients undergoing robotic surgery in a selected hospital, Mangaluru	Mrs. Vineesha PV
6	A correlational study to assess the wellbeing and resilience among undergraduate students of a selected university, Mangaluru.	Mrs. Vineesha PV
7	Effectiveness of mindfulness meditation on stress, anxiety and depression among undergraduate nursing students at a selected college, Mangaluru	Ms. Ajantha Antony
8	Effectiveness of patient directed interactive music therapy on anxiety, depression and sleep quality among patients admitted in the psychiatric unit of a selected hospital, Mangaluru	Mr. Sanal Pramod
9	Effectiveness of progressive muscle relaxation techniques on stress and anxiety among undergraduate students in selected colleges at Mangaluru	Mr. Ashish Ninan
10	Correlative study to assess the mental help seeking attitude and psychological wellbeing among undergraduate students of a selected university, Mangaluru	Ms. Ajantha Antony
11	Correlation between internet addiction and level of self-esteem among youth of selected nursing college, Mangaluru	Mr. Sanal Pramod
12	Correlative study to assess the sleep quality and job satisfaction among staff nurses of a selected hospital, Mangaluru	Mr. Ashish Ninan

## FACULTY PROFILE:

Sl.No.	Name of the Faculty	Designation
1.	Dr.Syed Imran	HOD & Associate Professor
2.	Mrs. Viji Prasad C	Assistant Professor
3.	Ms. Renita Flavia Monteiro	Lecturer
4.	Mrs. Thejaswini	Lecturer
5.	Mr. Subin Raj R	Assistant Professor
6.	Mrs. Sonia Maria Moras	Clinical Instructor
7.	Ms. Jaseena Benny	Clinical Instructor
8.	Ms. Cleena Gonsalves	Clinical Instructor

## PROGRAMS CONDUCTED: (Conference /Workshop/Guest Lecture etc.):

Sl. No.	Theme	Date
1.	Webinar on the topic Self-efficacy as part of World Suicide Prevention Day.	10 Sept. 2020
2.	Virtual panel discussion on Mental Health for All- Greater investment Greater access in view of World Mental Health Day.	10 Oct. 2020
3.	Webinar on Inclusion in the workplace -Challenges and opportunities in the post pandemic world on account of World Autism awareness month	29 April 2020
4.	Webinar on Nature vs Nurture	17 Aug. 2020

## PROGRAMS ATTENDED :

Sl. No.	Theme	Date	Name of the Faculty
1.	A virtual workshop on Management of adolescents' issue	24 Aug. 2020 to 28 Aug. 2020	Mrs.Viji Prasad C
	National level online workshop on Recognizing and dealing with anxiety	11th July 2020	
2	State level webinar on Sexuality and reproductive health organized by Masood College of Nursing, Mangalore on 26 February 2021	29 April 2021	Ms. Renita Flavia Monteiro
3.	Webinar on conceptualizing the research methodology	22 to 23rd March 2021	Mr.Subin Raj
4.	A virtual panel discussion on the topic Building a fairer, healthier world	16 April 2021	

## PUBLICATIONS :

Sl. No.	Details (Vancouver style in Chronological order)
1	R Subin Raj. Effect of progressive muscle relaxation therapy in reducing anxiety among the elderly Residing in selected hospitals at Kanpur. International Journal of Scientific Research. 2021; 10 (4): 52-2

## Department of Community Health Nursing

**INTRODUCTION :** Community department aims at developing basic competencies for the graduates to provide comprehensive preventive and promotive services at the doorsteps of the people

**VISION :** Quality and Comprehensive education in Community Health Nursing and to promote comprehensive Family centred nursing care by adopting a holistic care approach.

### THRUST AREAS :

- Communicable diseases
- Non Communicable diseases
- Reproductive and Child Health
- Nutrition and lifestyle
- Occupational health
- Geriatrics

### TEACHING FACULTY :



### 1. FACULTY PROFILE:

Sl.No.	Name of the Faculty	Designation
1.	Dr. Leena K .C.	Dean/HOD and Professor
2.	Mr. Ananda S	Assistant Professor
3.	Mrs. Savitha	Assistant Professor
4.	Mrs. Nithyashree B V	Assistant Professor
5.	Mrs. Shycil Mathew	Lecturer
6.	Mrs. Navya	Lecturer
7.	Ms. Neetha	Assistant lecturer
8.	Ms. Jyothi A. S.	Clinical Instructor
9.	Ms. Sruthi K	Clinical Instructor



### PROGRAMS CONDUCTED: (Conference /Workshop/Guest Lecture etc.):

Sl. No.	Theme	Date
1.	E-guest lecture on Elimination of tuberculosis; The clock is Ticking	26.03.2020
2.	Webinar on Menstrual Cup-Healthy	19.08.2020
3.	Webinar on Water quality testing-public health importance	26.09.2020
4.	Webinar series on Constitution and Human rights in a nutshell	21.09.2020 to 24.09.2020
5.	Organized E-Poster competition as a part of World Diabetes day on the topic-The nurses and diabetes	16.11.2020
6.	Panel discussion on topic 'Building fairer, healthier world' World health day 2021	16.04.2021

### 3. Programs attended : (Conference/Workshop /Moderator/ Seminar/ Resource person/ Panelist.)

Sl. No.	Theme	Date	Name of the Faculty
1.	State Disaster Response Team Training-2021	19.03.2021 to	Mrs. Nithyashree B V
2.	Virtual capacity building program for midwifery faculty by INC	21.03.2021	
3.	UGC Gurudakshatha webinar series on basic courses in technology enriched emerging pedagogical methods	20-10-2020 to 26-10-2020	
4.	Webinar on Do's and don'ts for publishing research papers in high impact journals	12.08.2020 14.7.21-15.7.21	
5.	Attended empanelled training institution programme for NSS officer	08-03-2021 to 14-03-2021	Mrs. Navya
6.	National Conference on Advanced Nursing Research: A Stepping Stone For Evidence Based Practice	27.05.2020 to 30.05.2020	Mrs. Shycil Mathew
7.	National workshop on Choosing the right statistical tool	19.05.2020	
8.	Resource person for guest lecture series at JSS college of nursing Mysuru on Global Warming	04.05.2020	
9.	Resource person for webinar organized by Kerala Government Topic: Exclusive Breastfeeding and its advantages and diet during lactation.	06.08.2020 and 07.08.2020	
10.	1st International E-Conference on Techniques for effective dissemination of scientific findings and quality Practice	26.03.2021	Dr. Leena KC
11.	Resource person for the webinar on 'Health Infodemic Vs Nursing Informatics; Boon or Bane to Nursing Practice'	29.9.2020	
12.	Resource person for the webinar on 'Family Based Services During the Time of Pandemic' organised by Sree Sudheendra College of Nursing, Ernakulam	24.9. 2020	

Sl. No.	Theme	Date	Name of the Faculty
13.	Resource person for the webinar on “The Era of online learning-Learning how to learn” at Laxmi memorial college of Nursing, Mangalore	19.10.20	
14.	Jeevaraksha-Emergency Nursing and Life Support (ENLS) provider course held NU-MEDICIM,KS Hegde Charitable hospital	14th to 17th Dec. 2020	
15.	Jeevaraksha-Emergency Nursing and Life Support (ENLS) instructor course and certified as instructor in the ENLS program held NU-MEDICIM, KS Hegde Charitable hospital.	18th to 20th Dec. 2020	
16.	Virtual capacity building program for midwifery faculty organised by Indian nursing council	8/3/2021 to 13/3/2021	Ms.Neetha
17.	E- Nutrition workshop on A key to early recovery on surgical patients.	23/2/2021	Mrs. Savitha
18.	Virtual capacity building program for midwifery faculty organised by Indian nursing council	8/3/2021 to 13/3/2021	
19.	Virtual /Online National Conference on Advanced Nursing Research: A Stepping Stone for Evidence Based Practice	27.05.2020 to 30.05.2020	Mr. Ananda.S
20.	Online / virtual international conference Combating emerging infectious diseases: need for paradigm shift	9th to 11th June 2020	
21.	National webinar on Academic writing and research	27th to 29th	
22.	International Webinar on Strategies for Writing Good Research article	June 2020	
23.	Jeevaraksha-Emergency Nursing and Life Support (ENLS) instructor course and certified as instructor in the ENLS program	30th Aug 2020 14th to 17th Dec. 2020	

#### 4. Posters / Oral Presentation:

Sl. No.	Title paper/poster(Specify poster /oral)	Name of the Presenter
<b>Faculty</b>		
1.	Lifestyle practices and knowledge on prevention and control of overweight and obesity among adolescents: a pilot study report	Mrs. Shycil Mathew

#### 5. Research projects – Faculty

Sl. No.	Project title	Principal Investigator	Funding / grant (Rs.)
1.	Physical and bacterial parameters of the well and well water located at selected rural households of Mangaluru	Mrs. Nithyashree B V	50,000
2.	Occurrence of nutritional anaemia and effect of multimodal nurse lead interventions on knowledge, attitude, self reported practice and Haemoglobin levels of anaemic women of reproductive age in selected community areas of Mangaluru	Mr.Ananda.S	1,50,000

## 6. Student research projects – Dissertations/Theses (UG/PG/PhD)

Sl. No.	Project Title	Name of the Student
<b>Faculty</b>		
1	Effect of aerobic Zumba dance on depression, anxiety, and stress among nursing students in a selected college at Mangaluru, India.	Mrs.Manju V
2	Nutritional status and mothers perception on nutritional status of under five children in a selected rural area, Mangaluru.	Mrs.Manju V
3	Nutritional status and functional ability of elderly attending the outpatient department of Yenepoya Hospital, Mangaluru.	Mr.Riyas MP
4	Effectiveness of basic life support training programme on knowledge, attitude and self efficacy in management of drowning among adults living in coastal areas of Mangaluru.	Mr.Riyas MP

## 7. PUBLICATIONS :

Sl. No.	Details (Vancouver style in Chronological order)
1.	D'Souza SE, Qadiri GJ, Leena KC. Impact of planned teaching program on the attitude of nurses with regard to patient rights in two multispecialty teaching hospitals in India. <i>Journal of Education and Health Promotion</i> . 2020;9(36):1-5
2.	Sajan AM, Roy A, Anil AT, Mohan A, Anita S, George A, Ananda S. A study on perception and utilization of anganwadi services among mothers having children between 0-6 years in a selected community area at Mangalore. <i>ijphrd</i> .2020; 11(5):23-26
3.	Paramesha AE, Chacko LK. Predictors of adherence to antiretroviral therapy among PLHIV. <i>Indian Journal of Public Health</i> . 2019; 63(4):367-70
4.	Bijimol NJ, Mathew S. Effectiveness of an Animation Video on Behavioral Response to Pain among Toddlers During Immunization in a Selected PHC at Mangalore India. <i>Medico Legal Update</i> . 2020; 20(4):1576-81
5.	Baby A, Mathew SA Correlative Study to Assess the Knowledge and Practice of Housewives Regarding Household Waste Management in Selected Rural Communities at Mangalore with a View to Provide an Information Pamphlet. <i>Medico Legal Update</i> . 2020; 20(4):1571-75
6.	Raj A, James J, Jimmy J, Mariya S, Ananda S. Knowledge and Self Reported Practices Regarding Prevention of Urinary Tract Infection among Adolescents Girls in Selected College of Mangaluru. <i>European Journal of Molecular &amp; Clinical Medicine</i> , 2020; 7(11): 4515-22
7.	Merrin AG, KC Leena. Experience of the women using menstrual cups on free will- A qualitative Inquiry. <i>J Health Allied Scs</i> .2020; 19(3):1-5
8.	TK Abidfaheem, KC Leena. Comparison of health related quality of life and health related outcomes among male patients with spinal cord injury with indwelling vs intermittent bladder catheterization - A pilot study. <i>J. Res. Pharm. Sci</i> . 2021; 12(1):378-83
9.	Paramesha AE, Chacko LK A qualitative study to identify the perceptions of adherence to antiretroviral therapy among people living with HIV. <i>Indian J Community Med</i> .2021; 1(46): 45-50
10.	Abidfaheem TK , Leena KC. Caregiver Burden of primary caregivers for people with spinal cord injury(SCI) residing at Calicut district ,Kerala. <i>Journal of Evolution of medical and dental sciences</i> .2021; 8(10) 458-62

Sl. No.	Details (Vancouver style in Chronological order)
11.	George AM, Leena KC. Training of women self-help groups against reproductive tract infections-A pilot study. International Journal of Research in Pharmaceutical Sciences. 2021;11(4):2117-23
12.	Navya M. A study to compare the level of knowledge and perceived barriers related to intrauterine devices usage among women aged 20-40 years residing at selected urban and rural areas of Mangalore. European Journal of Molecular & Clinical Medicine. 2021; 8(2):2270-82

### 8. Awards and accolades (other significant achievements):

Dr. Leena KC completed the NAAC (National Assessment and Accreditation Council) assessor training

### 9. Extension activities:

1. Organized nutrition demo on Ragi porridge and education on Immune-booster diet on 21.02.2021 at Beeri, Kotekar
2. Organized nutrition demo and education on Balanced diet and iron rich diet on 21.1.2021 at Kaneer thota, Kumpala
3. Organized nutrition demo and education on Antenatal diet on 15.1.2021 at Kaneer thota, Kumpala
4. Organized nutrition demo and education on Adolescent diet on 7.1.2021 at Kolya Community.
5. Organized nutrition demo on Ragi porridge and Methi Adthina and education on Immune-booster diet on 21.02.2021 at Beeri, Kotekar
6. Organized nutrition demo and education on Under five diet on 05.02.2021 at Kotekar area
7. Organized nutrition demo and education on iron and vitamin C Rich diet on 11.02.2021 at Kotekar PHC
8. Organized nutrition demo and education on balanced diet and Iron Rich diet on 18.02.2021 at Kotekar village

## Department of Obstetrics and Gynecology Nursing (OBG)

### VISION :

Provide quality and evidence based education in the field of MCH nursing at all levels of maternal, neonatal and gynaecological care and encouraging research activities.

### INTRODUCTION :

The Obstetrical and Gynecological Nursing department offers the courses to students and encourages the students to carry research in areas of reproductive and women's health. The department maintains quality class rooms and provides rich clinical learning experience and reinforces skill learning in nursing procedures related to obstetrics and gynecology.

### THRUST AREAS :

- Women's health and reproductive health

### TEACHING FACULTY :



### 1. FACULTY PROFILE:

Sl.No.	Name of the Faculty	Designation
1.	Dr. Padmapriya S	Associate professor/HOD
2.	Sr. Aileen Mathias	Professor
3.	Mrs. Janet Prima Miranda	Associate professor /Vice Principal (Academics)
4.	Mrs. Vinaya Kumary	Assistant Professor
5.	Ms. Vinitha D'souza	Assistant Professor
6.	Ms. Amisha S Amin	Lecturer
7.	Ms. Bency Elsa Babu	Lecturer
8.	Mrs. Diana Felcy D Souza	Clinical Instructors
9.	Ms. Saritha D' Souza	Clinical Instructors
10.	Ms. Lavita Jennifer D'Souza	Clinical Instructors
11.	Ms. Preema D Souza	Clinical Instructors

### PROGRAMS CONDUCTED: (Conference /Workshop/Guest Lecture etc.):

Sl. No.	Theme	Date
1.	Webinar series on Personality development	14th and 15th July 2020
2.	International Webinar Titled Ethical Dilemmas and Challenges Faced by Nurse in Obstetrics	15th Oct. 2020
3.	Observed the Sexual and Reproductive Health Awareness day (Seminar on menstrual hygiene)	12th Feb. 2021
4.	Observed International Women's day 2021(Health talk on Antenatal care)	8th March 2021

### PROGRAMS ATTENDED :

Sl. No.	Theme	Date	Name of the Faculty
1.	International symposium on virtual learning: Challenges and opportunities	11.7.2020	Dr. Padma Priya S
2.	E-International conference on Emerging infectious disease: COVID 19	24.09.2020	
3.	International webinar on health promotion in new normal era and sustainable development goals under UGC -STRIDE scheme	1.11.2020	
4.	National Level Webinar on Conceptualizing the Research Methods.	22nd and 23rd March 2021	Mrs. Janet Miranda
5.	International conference on Combat Covid Crisis	31.7.2020	Mrs. Vinaya Kumary T
6.	Webinar- State level online interactive programme on stress management during COVID 19	17.08.20	Ms. Vinitha D'Souza Ms. Amisha S Amin
7.	Virtual Capacity building program for midwifery faculty by INC with UNPFI	8th to 13th March 2021	Mrs. Janet Miranda Ms. Amisha
8.	Virtual capacity building program for the midwifery faculty by INC with UNPFI	5th to 22nd Dec. 2020	Dr. Padma Priya S
9.	State level Virtual training program for Youth Red Cross Volunteers on Enhancing Competency	4th & 5th Sept. 2020	Dr. Padma Priya S Ms. Vinitha D'Souza Ms. Amisha S Amin
10.	National Level E-workshop on Understanding OBS studio and stream yard for E-content Creation and live streaming	10th and 11th July 2020	Ms. Vinitha D'Souza
11.	National level webinar on important aspects in writing research articles and research proposals	18th July 2020	
12.	NPTTEL E-awareness workshop conducted along with Manipal University Jaipur.	21st July 2020	

Sl. No.	Theme	Date	Name of the Faculty
13.	International webinar series on advocacy leadership for positive aging	23rd and 24th July 2020	Ms. Vinitha D Souza
14.	Workshop on Emerging trends in Robotics	21st to 25th July 2020	
15.	National webinar on research methodology	17th July 2020	
16.	International webinar on Trait emotional intelligence and resilience at the time of Covid -19,	23rd July 2020	
17.	National level e-workshop on 'Performing statistical data analysis using MS Excel	18th and 19th Aug. 2020	
18.	National online Workshop on G SUITE		
19.	International virtual webinar held on on 'Psychological first aid-A Multidisciplinary approach	25th -27th Aug. 2020	
20.	International conference on diabetes and Covid 19'	19th & 20th	
21.	International workshop on capacity building and redesigning the learning and research aptitudes	Aug. 2020	
22.	International webinar and FDP on strategies to write good research article	28th Aug.2020 5th to 7th	
23.	National webinar of SOMI-Gesta care	Sept. 2020	
24.	National e conference oncological nursing	13th Sept.2020	
25.	National tele-simulation series on advanced techniques in critical care-an interprofessional approach	30th Sept.2020 5th Oct. 2020	
26.	National webinar on Guide to referencing with Mendeley	12th Oct.2020	
27.	International webinar on research productivity and evaluation	23rd Nov. 2020 7th Dec. 2020	

### Posters / Oral Presentation : PG

Sl. No.	Title paper/poster (Specify poster /oral)	Name of the Presenter
1	Oral presentation on quality of life of women with stress urinary incontinence at a selected community, Mangaluru	Mrs. Diana Felcy D'souza
2.	Oral presentation on Effectiveness of Planned early ambulation on selected postoperative recovery among caesarean mothers in a private medical college hospital Mangaluru	Ms. Carol Karishma Alphones

### Student research projects/Dissertations/Theses (UG / PG / PhD)

1.	Effectiveness of multifaceted bladder retraining programme on continence and quality of life among parous women with stress urinary incontinence (Ongoing study)	Ms. Amisha S Amin
	<b>PG</b>	
	<b>Completed</b>	
1	Perceived maternal role competence among primi mothers attending paediatric OPD in selected hospital at Mangaluru	Mrs. Carol Karishma Alphones
2	Quality of life among women with stress urinary incontinence at selected community in Mangalore	Diana Felcy Dsouza



Sl. No.	Theme	Name of the Student
3	Effectiveness of planned early ambulation on selected post operative recovery among caesarean mothers in private medical college hospital of Mangaluru	Mrs. Carol Karishma Alphones
4	Effectiveness of ambulation during first stage of labor on maternal and parameters among primigravida in a tertiary care hospital at Dakshina Kannada	Diana Felcy Dsouza
	<b>On going</b>	
5	Effectiveness of prone Kegel's exercises on after pain and involution of the uterus among postnatal mother	Ms.Kasturi
6	Effectiveness of mind body intervention on blood pressure among PIH women in a selected hospital	Ms. Chime Dolkar
7	Perceived social support among mothers of Preterm babies admitted in NICU and attending OPD at selected hospitals, Mangalore	Ms. Paulina Kumari
8	Effectiveness of companion integrated childbirth preparation on childbirth anxiety and self-efficacy among primigravida mothers attending antenatal OPD at a tertiary care centre, Mangaluru	Ms. Megha Aley
9	Maternal Role adaptation among mothers of preterm babies admitted in NICU in a selected hospital Mangaluru	Ms. Kasturi Banerjee
10	Psychological problem faced by mothers of babies admitted in NICU of a selected hospital, Mangaluru	Ms. Chime Dolkar
11	Attitude of menopausal women and their spouse towards menopause in selected community, Mangaluru	Ms. Megha Aley
12	Effectiveness of music therapy on pain and anxiety level among primigravid women in labour in a selected hospital Mangaluru	Ms. Paulina Kumari

## PUBLICATIONS :

Sl. No.	Details
1	Padmapriya S, Kumar S. Quality of life of postmenopausal women receiving plant based phytoestrogens. Int J Pharm Sci & Res.2020; 11(10): 4998-03.
2	Abdullah T, PadmaPriya S, SasiKumar S. Effect of Information, Education and Communication (IEC) on Knowledge and Attitude regarding Premarital HIV and Haemoglobin Genotype Testing among Adolescents. Indian Journal of Forensic Medicine & Toxicology.2021; 15(2): 3684-90.