



**SRM**  
TRICHY  
COLLEGE OF NURSING



*Florals*



# NEWSLETTER

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SRM TRICHY COLLEGE OF NURSING)

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## FIRST YEAR INAUGURATION-2019-2020 BATCH



Inauguration of the students for the 2019 – 2020, B. Sc Nursing students of **SRM Trichy College of Nursing** was done on 16.10.2020, at Easwari auditorium. It was a grand start where we had **Dr. Shyamala Ramesh**, Founder, Chisel & Evolve as the Guest Speaker. She highlighted the noble nature of nursing service and its bright future prospects. She pronounced nurses as guardian angels of the patients who are in pain and agony. Freshers and their parents were highly motivated.

**Dr.S.Raghupathy**, Executive Director rendered the Presidential address, **Dr. Balasubramanian**, Deputy Director gave a special address. **Dr.D. Santham Sweet Rose**, Principal, presented an overview of the education process at SRM Trichy College of Nursing and **Dr.Suja Suresh**, Vice Principal, thanked the gathering.



## COMMUNITY FIELD VISIT



SRM Trichy College of Nursing II year BSc (N) students along with the faculty members visited Holy Family Hansenorium, in Fatima Nagar at Trichy on 4th December 2019. It is a Government Aided Organization run by Holy Family Sisters. The Hansenorium takes care of patient with Leprosy, Tuberculosis and AIDS. The students were oriented about the comprehensive management regarding Leprosy, Tuberculosis and AIDS. Physical orientation was given. It was a valuable field experience for the students.

## DENGUE AWARENESS PROGRAMME



SRM Trichy College of Nursing organized a Dengue Awareness Programme. Dr. Mathivanan Sirukambur Block Medical Officer & Dr. Peter District Epidemiologist were the chief guests and they created the awareness on treatment modalities and preventive aspects of Dengue.

## DIABETES DAY



**World Diabetes Day** was organized on 8<sup>th</sup> November 2019 in Trichy SRM campus. Around 288 students from College of Nursing & Allied Health Sciences were screened for Diabetes Mellitus and Hypertension, Height, Weight, Blood sugar and Blood Pressure were checked. After screening, students participated in various events and won prizes. Awareness speech rendered by **Dr. Sheela Samini Seelan**, DNB, and **Dr. Santham Sweet Rose** Ph.D.



## FRESHER'S DAY



Fresher's day for the 2nd batch of B. Sc Nursing students was celebrated by the Students Nurses Association of the college on 15.11.2019. The senior students welcomed the fresher's with great joy. The programme had a mix of events, like singing, dancing and social games. Freshers were very happy and participated in the events. Faculty felt the positive, energetic interaction between the students. Principal, Dr. D. Santham Sweet Rose addressed the students. She advised the students to make use of the facilities in the college for maximum learning. Student's secretary proposed the vote of thanks.

## STUDENT'S MOTIVATIONAL PROGRAMME



SRM Trichy College of Nursing, B. Sc Nursing Students Had the privilege of attending one day workshop on the topic *"Nurses – essential pillars in health care"* on 06.12.2019. The speaker of the day was Dr. Annette, Dean, MASTER Skill Development Institute, M.A.M. College of Engineering and Technology. She handled interesting sessions which included interaction, activities, group works. She expounded the various areas of opportunities in the field of nursing. Our students were highly motivated to pursue their carrier with strong commitments at the end of the sessions.

**Dr. S. Ragupathy**, Executive Director rendered the key note address and **Dr. Balasubramanian**, Deputy Director rendered the special address. The gathering was welcomed by Dr. D. Santham Sweet Rose, Principal and Dr. Suja Suresh, Vice Principal proposed the vote of thanks.





## WORLD AIDS DAY OBSERVATION



SRM TRICHY CAMPUS observed World Aids Day on 30th November 2019. Various activities were organized to mark the significance of prevention of AIDS. Health care providers were made aware and educated to handle the situation if someone in the family suffers from the disease. SRM Trichy College of Nursing students performed mime show on transmission and prevention of HIV and AIDS.



## MEGA AWARENESS & MASS INSTALLATION PROGRAM OF KAVALAN SOS APP



An initiative was taken by SRM Groups, Trichy for "Safety of Women" Joining hands with Trichy Police in spreading awareness on Kavalan App on 3rd January 2020.

உலகை அசைப்போம் உயர்ந்து வா  
அக்கினி சிறகே எழுந்து வா  
உன் ஒளிவிடும் கனாவை சேர்ப்போம் வா  
அது சகதியில் விழாமல் பார்ப்போம் வா"

## பேராசை

அப்பாவின் அன்பை  
முழுமையாக பெறும்  
ஓவ்வொரு மகளும்  
கடவுளிடம்  
கேட்கும் வரம்  
அடுத்த ஜென் மத்திலும்  
என் அப்பாவுக்கு  
மகளாக  
பிறக்கவேண்டும்  
என்று தான்  
கேட்டபின் தான் யோசித்தேன் ஆசைக்கும்  
பேரைசைக்கும் வித்தியாசங்கள் உண்டு என்று!

**S. SARIGA**  
B. Sc (N) 1st Year



“

செவிலியர்கள்  
 கணமொருகவிதை  
 தினமொருஉயிரை  
 காப்பாற்றச்செய்யும்  
 செவிலித்தாய்அல்லநீ  
 என் தாய்சடசடவாவாள்  
 அவளுக்கு நிகர் நீ என்று  
 என் தாயென்று!  
 அவளைமிஞ்சி  
 ஒருஉயிர்  
 உணர்ந்திட முடியாது  
 ஒரு உயிரின் மதிப்பை!  
 மனம் சட வெறுத்துப் போகும்  
 யாரையும் நம்பமுடியாத உலகில்  
 நீ ஏற்றும் ஊசியை நம்பிக்கையின்றி  
 ஏற்றுகொள்ளாதிருந்தால்  
 எதிர்காலம் ஏது எங்களுக்கு!  
 பெற்றவர்களைக்கட  
 ஒதுக்கிவிடும் சமயத்தில்  
 பெறாத மகளாக என்னுடன்  
 நீ இருந்த காலங்கள்  
 பக்குவமாய் பார்த்துக்கொண்டு  
 சிக்கனமாய்மருந்துகொடுத்து  
 கற்றுக்கொடுத்தாய்  
 பலபாடங்கள்!  
 என் உறவுமல்ல  
 நீஎன் உயிருமல்ல  
 என் உயிரைக்காத்த  
 செவிலித்தாயே

”

**Ms.Arthi**  
 B.Sc. (N)-I year

“

### குழந்தை

கவிதை எழுத பேனாவை எடுத்தால்  
 கைப்பேனாவும் நடுங்குகிறது அன்பே...  
 உன் மழலைச்சிரிப்பிற்கு இணையான  
 கவிதை ஏதேனும் உண்டோ!  
 உன் சிரிப்பு.....  
 இதைவிட நல்மருந்துண்டோ!  
 உன் மழலைப் பேச்சு  
 தேன் வந்துபாயும் இசையல்லவா  
 உன் பிஞ்சு முகத்தை ரசிக்க  
 ஓர் ஜென்மம் போதுமா!  
 ஒரு நொடியில் மறந்தேன்  
 என் கவலையெல்லாம்  
 உன் குழிவிழுந்த  
 அழகிய சிரிப்பால்  
 முயற்சியில் குழந்தை போல இரு  
 விழுந்தாலும் எழுந்திருக்கும்.....  
 உன்போல் முயற்சி செய்தால்  
 வாழ்க்கையில் தோல்வி ஏது?  
 உன் வஞ்சமில்லா சிரிப்பிற்கு  
 இவ்வுலகில் ஏதும் இணையில்லை  
 அன்பே.....

”

MISS. INDHUJA  
 2<sup>nd</sup> YEAR B. SC NURSING



“

எதிர்நோக்கி.....காத்திருக்கிறேன் !  
 கண்ணீர் துளிகளுடன்  
 நீ என்றாவது வருவாய் என....  
 வானம் பார்த்த வயல்வெளிகளைப் போல  
 மேகம் பார்த்த ஆறு,ஏரிகளைப் போல  
 அரைவயிற்றுக் கஞ்சிக்கு  
 ஆயுள்தோறும் காத்திருக்கின்றேன்!  
 நீ வருவாய் என.....  
 உன் உழைப்பை உலகுக்கு  
 உணவாய் கொடுக்கும் நீ  
 காத்திருந்து காத்திருந்து  
 சருகாய் போகின்றாய்.  
 இனி வரும்காலம் எதிர்காலம் அல்ல !  
 மழையை மட்டுமே எதிர்நோக்கி இருக்கும்  
 காலம்!  
 வானவில்லின் வண்ணம் காட்டியது  
 அந்த காலம்.  
 வரும் சந்ததிக்கு வறண்டபிளவுகளைக்  
 காட்டுவது இந்த காலம்.  
 நன்செய்,புன்செய் நிலங்களும்  
 நச்சை வெளியிடும் ஆலைகளாய் மாறியது.  
 வளமைமிக்க வயல்வெளிகளும்  
 தரிசு நிலங்களாய் மாறியது.  
 வற்றாத ஆறு, ஏரிகளும்  
 வறட்சியின் உச்சமாய் மாறியது.  
 போதும் இந்த மாற்றம்!

”

[Contd]...

“

இனி வரும் காலம் - தண்ணீருக்காய்  
 தரணி எங்கும் போராடும் காலம் !  
 கல்லாமை காலத்தில் இல்லாமை  
 ஏதுமில்லை.  
 கற்றறிந்த காலத்தில் எல்லாமே  
 இல்லாமை ஆனது.  
 “குறிஞ்சி,முல்லை,மருதம்,நெய்தல்,பாலை”  
 என முன்னோர் வாழ்ந்தனர் அன்று!  
 எல்லாம் மறைந்து போய் வறண்ட  
 பாலையிலே வாழ்கிறோம் இன்று!மெல்ல இதுவும்  
 கொள்ளை போனால்  
 சந்ததிக்கு ஏதுமில்லை நாளை.....  
 காத்திருந்து காத்திருந்து கண்கள் மூடியது  
 என் கடைசிமூச்சு நின்ற போது.....  
 இனியும் காத்திருக்க வைத்துவிடாதே!  
 என் சந்ததியின் உயிரை மாய்த்துவிடாதே !  
 குறைகுடம் கூத்தாடும் என்பார்கள் - இங்கு  
 அரைகுடம் நீருக்கு கூத்தாடும் நிலையாகிவிட்டது.  
 போதும் இந்த மாற்றம் !  
 உன் வரவை எண்ணி எண்ணி  
 வருகிறது கண்ணீர்த்துளிகள் !  
 அதை மாற்ற நீ வந்துவிடு மழைத்துளிகளாய்!!!!

”

**M. PASTINAL**  
**B. SC (N) 2ND YEAR**



“

## Nurses

**N** is for notable, and willing to share

**U** is for understanding, she really cares

**R** is for reliable, right from the start

**S** is for sincere, with a loving heart s

**E** is for energetic, so much behold

**“Nurse”** - A special one

She is more precious than gold.

”

**J. JASMINE REENA**  
*B. Sc (N) 2nd Year*



## TIPS FOR BUILDING BETTER MENTAL HEALTH

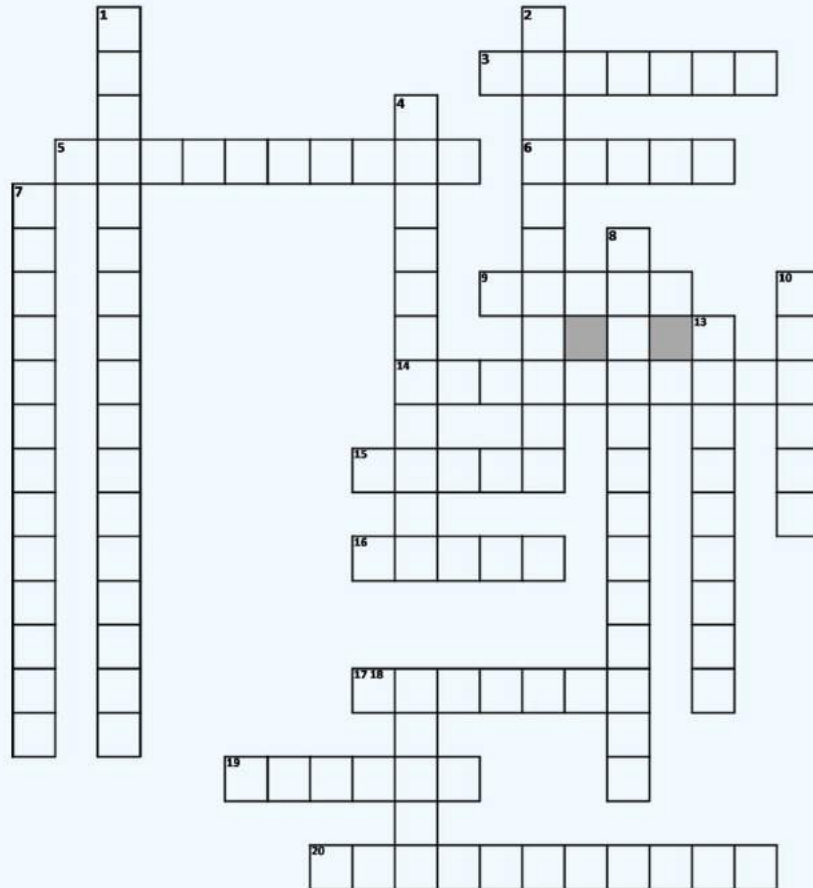
- Start your day with a cup of coffee or green tea.
- Boost brainpower by treating yourself to a piece of dark chocolate every day.
- Work some omega-3 fatty acids into your diet
- Feeling anxious? Take a trip down memory lane and do some coloring or reading books.
- Listen to music for 30 minutes
- Take time to laugh.
- Dance around while you do your housework.
- Spend some time with a furry friend.
- Show some love to someone in your life.
- Send a thank you note.
- Do something with friends and family
- Take 30 minutes to go for a walk in nature
- Do your best to enjoy 15 minutes of sunshine.
- Practice meditation and yoga every day.
- Relax in a warm bath -once a week
- Work your strengths.
- You don't have to see the whole staircase, just take the first step.
- Anyone who has never made a mistake has never tried anything new.
- What appear to be calamities are often the sources of fortune.
- Practice forgiveness



**Dr. Suja Suresh, M.Sc. (N), Ph.D.**  
Vice-Principal,  
SRM Trichy College of Nursing



# RESPIRATORY SYSTEM



## Across

3. Wind pipe
5. A flap of elastic cartilage that acts as a switch between the trachea and the esophagus
6. Opening through the nose carrying air in to the nasal cavities
9. Tiny hairs that line the bronchial tubes
14. The mouth
15. A sticky fluid; collects dust, germs and other matter that has invaded the lungs
16. A muscular organ about the size of a closed fist that functions as the body's circulatory pump
17. Grape-like cluster of sacs where oxygen is absorbed
19. Where vocal cords are
20. Lined with a mucous membrane; has little hairs that help filter the air you breathe in, blocking dirt and dust from getting into your lungs

## Down

1. A series of organs responsible for taking in oxygen and expelling carbon dioxide
2. Small branching tubes
4. The amount of air which enters the lungs during normal Inhalation at rest
6. A waste product that can be lethal followed to accumulate
7. The most air you can exhale after taking the deepest breath you can
10. A gas that your body needs to survive
11. Where the trachea forks into each lung
12. Food and air both pass through
13. Muscle moves air in and out the lungs
18. Internal sacs lined with epithelium; transports gases

**Mrs. Saranya.R, MSc (N),**  
Associate Professor,



## A TO Z OF INTENSIVE CARE

- A – Check Airway patency
- B – Assess the Breathing pattern
- C – Continuous BP monitoring
- D – DVT Prophylaxis
- E – Electrolyte checking and correction daily
- F – Fluid and Inotropic support
- G – GLASGOW coma scale, G vital ( ABG/ ECG/ USG/ CBG)
- H – Hydration status of the patient
- I – Infection control, insulin
- J K L M– Just Keep Limb Moving
- N – Nutritional support
- O – Oxygen cylinder back up central supply
- P– Physiotherapy
- Q – Quick access to Emergency kit/ tray/ trolley
- R – Reassess the patient frequently. Repeated Hand washing
- S – Sterility during all procedures
- T – Tracheostomy care, Temperature control
- U – Monitor Urine output
- V – Keep the HUB of the central Venous lines closed and hands the central lines sterile
- W – Watch – But Don't Wait – When in doubt intubation is the ideal option
- X – Once a day X ray for all intubated patients in ICU
- Y – Your Valuable Counseling.
- Z – Zig Zag practice should be avoided at the time of Emergency.



**Mrs. A. Sarmila M.Sc (N),**  
Associate Professor





## BEING A NURSE

Once a girl who just finished her 12th standard, was accidentally put up in a situation to pursue her career in Nursing. She started her studies with absolutely no interest and motive and started to feel inferior at the beginning of the course. But later on, she learnt that “Anything done with effort, gives the best result” and she became the most confident version of herself. I hope after reading this, many of you could have the same type of story.

You can definitely create passion towards something which you were not interested in earlier.

It's definitely not easy to be a Good Nurse. Because, it needs empathy, kindness and integrity. I feel it is difficult, because these are the most difficult traits to demonstrate. These traits can be demonstrated by being compassionate, sincere and responsible.

In order to attain these virtues, you need to have a positive vibe, curiosity in learning and a genuine commitment to the work assigned. Then, all these virtues will fall automatically in its place.

AND yes! I have obviously had too many positive encouragements, wishes and blessings from my seniors, from patients for whom I was caring for and from their anxious relatives.

But there are times where I have been made to feel inferior in the course of my learning and practice. I have felt low many times for I have not been fairly treated. I have felt bad many times, that the work done by me was not appreciated or recognized as it should be. But later I have realized that, these difficulties were present only till I mastered the discipline. The difficult experiences have turned to happiness, joy and contentment when I saw the patients get well and go home.

Tips for a positive spirit:

- Try to understand situations from the other person's point of view.

- Try to learn from negative feedbacks.

- Learn to balance professional and personal life.

- Always stand up for yourself and for your nursing field.

- Don't take criticism personally.

- Don't be judgmental.

- Last, but not the least, let your actions speak!

POINTS TO PONDER:

- You love your work and you are probably giving your best to it.

- You deal with humans and you are a human too!

- Not everyone gets the opportunity to help people on a daily basis.

- Blessed are you that you are able to help patients on a daily basis.

- Satisfaction comes from helping others.

- Earning makes you exist. But satisfaction makes you live!

So, it is easy to become a Good Nurse. Because every nurse is good! And a good nurse is a fantastic human too!

And don't look back, straight, left or right. Look up to God and respect every little action that you do.

Always feel proud for what you are!

Be hard as a diamond and shine, for you are given the opportunity to TOUCH LIVES.

**KANIMOZHI.S, BSc(N)**  
Tutor,





## A THANKFUL HEART

Many events pass through the life of a Nurse, some of them are happy and some are painful. The events enter at her very young age, mould her, and make her to be strong in every path of life.

On a day, in the causality a small boy was brought by his parents with severe breathing difficulty. I was curious to know the cause. He had End Stage Renal Disease. The parents were very anxious. The boy was undergoing regular hemodialysis. As a young staff, I was also upset to assess the condition of the child with the chronic illness. Before I could realize, the child had a sudden cardiac arrest, where I as a single staff on night duty, had to intubate and resuscitate him. After bringing him back to life, transferred for emergency dialysis. With a sad heart returned to hostel after duty. After a week, I was surprised to see the same little boy ran & came to me and held my hand happily, and thanked me. The joy that I had, knew no bounds.

I thank God for making me a Nurse.



***Mrs.P.HepzibahArulmani., B. Sc Nursing  
Tutor***



# Group of Institutions, Trichy



## Trichy SRM Medical College Hospital & Research Center

Phone: 0431-2258956 / 8970 | Fax: 0431 - 2258877

Email: dean@mc.srmtrichy.edu.in

### Courses Offered

#### Under Graduate

Bachelor of Medicine Bachelor of Surgery (MBBS)

#### Post Graduate

MD Anatomy | MD Physiology

MD Biochemistry | MD Microbiology

MD Pathology | MD Pharmacology

### ALLIED HEALTH SCIENCE [Paramedical Courses]

B.Sc - Cardio Pulmonary Perfusion technology

B.Sc - Dialysis technology

B.Sc - Physician Assistant

B.Sc - Critical Care Technology

B.Sc - Operation Theatre & Anaesthesia Technology

B.Sc - Radiology and Imaging Technology

B.Sc - Medical Laboratory Technology

*Duration : 3years + 1 year Internship*



## SRM TRP ENGINEERING COLLEGE

Approved by AICTE & affiliated to Anna University

An ISO 9001:2015 Certified Institution

Phone: 89394 28800, 0431 – 2258940/ 2258681/2258947

Email: principal@trp.srmtrichy.edu.in

### Courses Offered

#### Undergraduate Course:

B.E. - Civil Engineering

B.E. - Computer Science Engineering\*

B.E. - Electronics And Communication Engineering\*

B.E. - Electrical And Electronics Engineering

B.E. - Mechanical Engineering\*

#### Postgraduate Course:

M.E. - THERMAL ENGINEERING

M.E. – VLSI DESIGN ENGINEERING



## TRICHY SRM ARTS & SCIENCE COLLEGE

Affiliated to Bharathidasan University, Trichy

Phone: 0431 – 2258990, 2258980

E-mail : Info@asc.srmtrichy.edu.in

support@asc.srmtrichy.edu.in

### Courses Offered

#### Undergraduate Course:

B.C.A - Computer Application

B.Sc. - Computer Science

B.Sc. - Mathematics

B.Sc. - Hotel Management & Catering Science

B.Com. - General

B.Com. - Computer Application

B.B.A - Business Administration

B.A - English



**SRM**  
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