



**SRM**  
TRICHY  
COLLEGE OF NURSING



*Florals*



**NEWSLETTER**

2019 - 20

# 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

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Founder Chancellor of SRMIST

## PATRON

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Trichy SRM & Ramapuram Campus

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**Dr. N. Balasubramanian,** Deputy Director  
**Dr. D. Santham Sweet Rose,** Principal  
**Dr. Suja Suresh,** Vice Principal

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- Tutor, Dept. of Nursing

## STUDENT COMMITTEE

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- 2. Abirami.K**
- 3. Kamalaveni.V**
- 4. Aarthi.R**
- 5. Gowsika.S**

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## MESSAGE FROM CHAIRMAN

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**Dr.R.Shivakumar, MD, Ph.D,**

Chairman, SRM Group of Institutions

*"The Future belongs to those who prepare for it today" - Malcolm X*

Purpose and meaning in life are fundamental to human beings. In that way nursing profession can offer a meaningful career, filled with many opportunities, challenges and rewards.

It's my immense pleasure to welcome you all to SRM TRICHY COLLEGE OF NURSING and I am happy to mention that it has set new standards in self-reliance and balanced development.

Nurses' competence is based on the knowledge and skill taught to them that enable the students to acquire the knowledge, and attitudes for providing nursing care. We are conscious in our responsibility and accountable to deliver competency based multi disciplinary learning program to equip the students to meet the present and future challenges. They receive care giving, and the hospital environment plans are made for them to visit the hospital and to get acquainted with the clinical learning environment before they begin the actual internship.

In SRM TRICHY CAMPUS the students are encouraged to involve in various co-curricular, extra-curricular activities, and community service have donned the mantle successfully and also helps to explore themselves from within, to develop themselves physically, mentally, intellectually and spiritually. When they leave, they shape themselves known as a good human being, a true nurse with a spirit of love, share and care, and fully equipped with all the skills to face the challenges that would await for them in the open world.

I would like to appreciate the faculty members who use active and collaborative learning techniques, engage students in experiences, and emphasize higher-order cognitive activities.

The students those who got admission are fortunate to have been blessed with the opportunity of receiving education and spending their formative years in the beautiful SRM TRICHY CAMPUS where nature abounds in its full glory. We encourage the students to make the optimum use of the facilities available here for their growth and learning.



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## MESSAGE FROM CO CHAIRMAN

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**Mr. S. Niranjana, B.E., M.S (USA)**

Co Chairman, SRM Group of Institutions

*"Nurses dispense comfort, compassion, and caring without even a prescription."*

- Val Saintsbury

It gives me a great pleasure in extending my warm welcome you all those who seek admission in SRM TRICHY COLLEGE OF NURSING.

Nurses are the key link between doctors and patients, and so that there is a great demand for highly skilled nurses around the globe today. SRM TRICHY Campus Provides a conducive environment and an opportunity for nursing students to learn experimentally and to convert theoretical knowledge to a variety of mental, psychological, and psychomotor skills which are of significance for patient care. We are conscious in our responsibility and accountable to deliver competency based multidisciplinary learning program to equip the students to meet the present and future challenges.

The entire purpose of education is not to restrict itself to imparting bookish knowledge only but inculcate humanitarian values like humanity, impartiality, independence, voluntary service, unity, courage, reliability in a student.

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## MESSAGE FROM EXECUTIVE DIRECTOR

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**Dr. S. Raghupathy**

Executive Director  
SRM Group of Institutions, Trichy

“Although your educational journey may be difficult at times, you will reap the reward of utmost satisfaction when holding your nursing diploma for the first time and nothing will ever compare to the fulfillment that improving and saving the lives of others will bring!”

A new beginning in the history of SRM Group of Institutions Trichy Campus. SRM Trichy College of Nursing established in 2018 an year back offering B.Sc ((Nursing). This new institution bespeaks the high quality of Patient care and becomes a source of inspiration of students who are looking for steps to make footprints where others have not walked. You as students have made a great decision to join us and where teachers not only seek to share knowledge and par excellence Nursing Skills but also shape up the minds of students in positive direction. The Institution provides all the needed infrastructure: Good Quality teaching, Library, Computer Lab, playground and other facilities.

Every care is taken here to ensure all the resources available are made use of in making them as integral part of Class Tests and Assignments. Students undergo Clinical practice with in a holistic manner. More emphasis is given to Clinical work, training in Listening, Communication, Empathetic and others required for quality nursing care. They are also encouraged to place emphasis on Physical examination of cases along with doctors for better diagnosis, focused investigations and better treatment.

Faculty are encouraged to adopt innovative teaching methods, using Simulations, Role Plays and other state of the art tools in teaching. Students are also given assignments based on articles from Journals and Magazines. The college also encourages faculty to present papers in Seminars and Conferences.

The first Newsletter of the Nursing College “FLORALS” marks the beginning of new phase of the College with the cultural and intellectual expressions taking the forefront.

I wish good luck to the faculty, students and other staff for a bright future and the Newsletter to flourish to serve the Nursing Community.

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## MESSAGE FROM DEPUTY DIRECTOR

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Dr. S. Balasubramanian

Deputy Director  
SRM Group of Institutions, Trichy

*"Education is the passport to the future, for tomorrow belongs to those who prepare for it today."*

- Malcolm X

I am very much delighted to extend my warm welcome to all. I am glad to say that you are the few fortunate those who took the correct decision of joining in our prestigious institution SRM TRICHY COLLEGE OF NURSING. A nurse is often described by people as the 'second doctor' and studying nursing education needs high level of involvement, and passion towards the profession. In our college, all the students are guided by the principles of care, courtesy and commitment that leads the student to get transformative learning journey.

I wish that the students should make use of the exceptional infrastructure provided by our honorable Chairman Sir and experience instrumental, communicative and emancipatory changes and move as an expert nursing professional. We train the students to face the challenges in the clinical learning environment through real time exposure.

Together we must create a conducive environment for our personal and collective growth and success. My hearty congratulation for having selected nursing as your profession which is one of the strongest pillar of medical science.

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## MESSAGE FROM PRINCIPAL

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Dr. Santham Sweet Rose

Principal

Trichy SRM Nursing College

"Constant attention by a good nurse may be just as important as a major operation by a surgeon."

- Dag Hammarskjold

### *Victorious Walk through the Memory Lane*

Thoughts are strong forces that grip an individual cross through the motivational lane. The memories are sharp and near where we started the journey of serving the humanity through the young dedicated & committed nursing students of SRM Trichy College of Nursing on 24th Oct '18. It was a humble beginning where our students lighted their lamps and took the oath with serenity that they chase the darkness through the light and alleviate the suffering with kindness.

The young nursing students are encouraged to move forward in their profession by Dr. Zameer Pasha, M.D the Chief Guest, and Dr. Shivakumar, M.D, PhD, founder of SRM Trichy College of Nursing shared his vision with faculty students & parents and wished the students for a great future.

This inaugural of College of Nursing was an achievement and is yet another milestone in the history of SRM group of institutions, Trichy campus.

A year has gone by with its loads of responsibilities on learning new skills, giving up self desires and moulding into the area of simplicity with the specific culture for care.

Seasons of joy, seasons of glory, seasons of bloom and gloom passed over the year & the blessed students have completed their University exams and entered into the second step in nursing life (II year) with new vigor and enthusiasm. Looking forward to the bright rising sun, the future of their learning in this campus.



## MESSAGE FROM VICE PRINCIPAL



**Dr.Suja Suresh.,MSc.(N),PhD.,**

Vice Principal  
Trichy SRM Nursing College

*"As a nurse, we have the opportunity to heal the heart, mind, soul and body of our patients, their families and ourselves. They may forget your name, but they will never forget how you made them feel."*

*- Maya Angelou*

I am delighted that our Nursing College is releasing the news letter "FLORALS" in the year on the occasion of 2nd year inaugural programme. With the blessings of our honorable Chairman, SRM Trichy College of Nursing was started in the year 2018 and within this one year college has made tremendous improvement in education, practice, research and co curricular activities. The Nursing profession epitomizes the best in a human being in terms of caring, compassion and commitment. I am sure that SRM Trichy College of Nursing inculcates this three "Cs" in the minds of our students through curriculum implementation.

We are glad that our students are being effectively trained to look after patients with empathy and concern. We are sure that the professional competence gained during their training period in our college and hospital, will make a mark as SRM Trichy College graduate Nurses not only in our country but in any part of the globe.

Nurses are the strong pillars of health care delivery system in our country. We prepare the graduates to face the growing challenges in today's health care sector. May this newsletter be a guiding factor for today's youth and keep pace with changing scenario and to provide the platform for exhibiting true talents and creativity.

# Inauguration Ceremony



The SRM Trichy College of Nursing was started in the year 2018 in the month of October. The inaugural session of the college was conducted on 24th Oct '18. Mr.N.Ravichandran, Commissioner, Trichy was the Chief Guest, our Honourable Chairman, Dr.R.Shivakumar chaired the session. Deputy Director campus, Dr. N.Balasubramanian, wished the candidates all on success in their career. Principal, Dr.D.Santham sweet Rose welcomed the gathering, briefed them about the course.

## Orientation Programme



The orientation programme for the fresher's was conducted for 1 week. Faculty from various disciplines (Doctors, Psychologists) came and prepared the students to undergo the programme in a successful way.

Mentoring system was started from the initiation of the programme. Students were individually monitored and given positive motivation by the faculty. The students were divided into 6 groups and the mentors were assigned for them. Students took active participation in the social activities & were motivated for the course.

## Freshers Day Celebrations



The college had the fresher's day on 22nd Dec'18, where the Deputy Director SRM Campus Dr.Balasubramanian, rendered the Chief Guest address and wished the students. It was time of great joy & sharing between the students and faculty. A beautiful cultural programme was organized by the fresher's.

## Pongal Day Celebrations



Pongal was celebrated on 12th Jan'19 students had various competitions like Rangoli, breaking the balloons and treasure hunt. Principal gave the prizes to the winners. Pongal was prepared and distributed among the students.



## Flameless Cooking



Competition on 'flame less cooking' was organized 25th Mar'19 by SRM Trichy IHM College. Our students participated and won. 1st, 2nd & 3rd prizes. They prepared salad nutrition balls, juices of different varieties. Mr. Saminathan, Principal IHM evaluated and distributed the prizes.

## Lamp Lighting Ceremony



The Lamp Lighting was celebrated on 20th Feb'19. The Chief Guest was Dr.Zameer Pasha. The 46 students were dedicated for the profession after taking the Nightingale's Oath. It was a solemn occasion, where Dr.Zameer Pasha greatly appreciated the service rendered by the nurses.



## Christmas Day Celebrations



Christmas programme of the college was on 22nd Dec'18. We had the Santa Clauz coming and distributing gifts to our students. It was a time of fun and joy.

## Womens Day Celebrations



International women's day was celebrated on 8th Mar 19. Various competitions were conducted. They were elocution, poetry writing, rangoli. Students won prizes. Students felt the happiness of being born as women.

# International Nurses Day Celebrations



International Nurses day was celebrated at SRM Trichy College of Nursing on 13th May 2019. The faculty and students were reminded about the growth and achievements in the field of Nursing service its inception. The students exhibited their joy through their talents such as dancing, singing and poetry recitation. The principal gave a speech in the need for commitment compassion in rendering the care to the sick people and made them feel that they are the privileged group chosen to serve the suffering humanity.



## Yoga Day Celebrations



The Tamil Nadu MGR Medical University prescribed that Yoga day to be celebrated and pictures and report are to be sent to the University. As per the order, Yoga day was celebrated at SRM Trichy Campus for all the students of the campus. Nearly 250 students including and 50 faculty 42 Nursing students participated in the event. Dr. Sunil Srinivasan was the chief guest for the day .Dr.Nachal Annamalai gave the welcome address. Dr. Manivannan demonstrated Yoga for the students. Dr. Ganesh Babu,Principal SRM TRP Engineering College gave the vote of thanks.

## Teachers Day & Tree Plantation



Our students celebrated the 'Teacher's Day' as 'Green Teacher's day' where the students presented trees to the teachers, which were planted in front of the college campus, With a mild shower from above was a blessed experience to cherish.



## Teachers Day & Tree Plantation (Contd..)





## தாயின் மறு அடையாளம்

செவிலியர் என்பவள் சேவை, கருணை, சகிப்புத்தன்மை

அனைத்தும் கலந்த மலராம் மலர்!

மற்ற எல்லா படிப்பையும் தன் விருப்பம் இல்லாமல் தன்

பெற்றோர் விருப்பத்திற்காக படிக்கலாம். செயல்படலாம் ஆனால்

செவிலியர் படிப்பை தான் விரும்பினால் மட்டுமே படிக்கவோ

செயல்படவோ முடியும்.



அனைத்து செவிலியர்களும் அன்னை தெரசாவை போலவோ ஃப்லோரன்ஸ் நைட்டிங்கேல் போலவோ, ஆக முடியும். ஆனால் அவர்களை அவ்வாறு ஆக இந்த சமுதாயம் அவர்களை விடுவதில்லை. இந்த உலகில் நமக்கு முதல் உயிர் கொடுத்து படைத்தவர் கடவுள். பின் அதே உலகத்தில் நமக்கு மறு உயிர் கொடுத்தவர் தான் செவிலியர். அதனால் தான் அவள் கடவுளுக்கு நிகராக போற்றப்படுகிறாள். ஒரு செவிலியர் அனைத்து நோயாளிகளின் குறையைக் கண்டறிந்து அவர்களுக்கு தாயின் இடத்தில் இருந்து அன்பாக பார்த்து கொள்கிறாள்.

ஒரு செவிலியர் தனக்கிருக்கும் அனைத்து துன்பங்களையும் தனக்குள் புதைத்துக்கொண்டு நோயாளிகளிடம் புன்னகை முகத்துடன் உரையாடும் மனபாங்கு கொண்டவள். உலகில் நாம் பாதுகாப்பாக இருக்கும் இடம் இரண்டு. ஒன்று தாயின் கருவறை, மற்றொன்று செவிலியரின் கண்காணிப்பில் இருப்பது. செவிலியரின் மிகப்பெரிய வெற்றி, மகிழ்ச்சி எது தெரியுமா? தன்னுடைய நோயாளி குணமடைந்து வீடு செல்வதுதான். தன் உயிரையும் மறந்து, தன்னை நம்பிவந்த நோயாளிகளின் உயிருக்காக போராடுபவள் தான் செவிலியர்.

இத்தகைய செவிலியர்களையும் அந்த செவிலியர் படிப்பையும் போற்றுவோம்.

**S.SUSHMITHA**  
B.Sc Nursing I year



*Take calculated risks.  
If you win, you can lead! ...  
Be obsessed with your idea. ...  
Meditate. ...  
See good in others. ...  
Work like a master. ...  
Believe in yourself. ...  
Meet yourself every day. ...  
Think clear.*

*Mrs.SARANYA.R., M.Sc (N)  
Reader*

## MY MOTHER MY FRIEND

*You were my fairy tale princess,  
so much larger than life.  
You were my angel and my witness  
through all my pain and strife.*

*At times you made me angry,  
great words I would proclaim  
How someday you'd be sorry.  
You were the one to blame.*

*But when I needed comfort  
you always found the time.  
Your words were more soothing  
than days of childhood sublime.*

*Distance holds us apart, now  
boundaries have no end.  
I'll hold the memories in my heart.  
you're my mother, my best friend*



*Mrs. A. SARMILA., M.Sc (N)*

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## CONTRIBUTOR TO CARE

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48 years old female, a known case of type 1 diabetes mellitus got admitted in hospital with complaints of one month old soggy open deep wound in the right foot for the past one month, associated with high grade fever, pain and dizziness. She was admitted in the ward, she was on sliding scale (Human Actrapid) and on intravenous high-end antibiotic therapy and she was advised to have daily dressing.

The reason for her delay in seeking treatment was that there was no one to take care of two girl children at home. She was desperate and was in tears. The wound was stinking and had severe oozing, Even though I felt difficult to do dressing because of the nature of the wound with much dedication, dressed the wound everyday. I found the wound was healing well.

What a joy it was to see her walk back home with a great healing in the leg. It was a happy moment to acknowledge her recovery and gaining back the quality of life that she has lost. Though it was a minor act, it brought contentment in me being a nurse.

Ms. P. Solai Amutha.,B.Sc(N), Tutor

## TIMELY INTERVENTION

As a student of BSc Nursing, one day as a routine went to the Community Health Area. We starting giving care for our patients under service.

The head of the family aged 55 years wanted his Blood Pressure .On checking I realized that his Blood pressure was very high, and was referred to hospital for treatment and was started on medical management by the medical team.

As a young student I felt very satisfied that I could identify health problems and prevent complication. The follow up was done with a structured module on the life style modification in the following areas.

DASH (Dietary Approaches to Stop Hypertension diet)

Habits

Exercise

Medication

Months later, we realized that he had given up smoking and was complying with medical management. The whole family was happy.

And extended help – extended the family happiness.

Ms. J. Beula BSc (N), Tutor

# PRIVILEGED TO BE A NURSE

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*76 years old lady was brought to the Emergency Department by her daughter after being found fallen in the bath room. On admission she had shortness of breath, had palpitations. .She had swelling and severe pain in the left leg. Also noted numbness in the thigh, lower leg, ankle, foot, and knee.*

*She was advised to take echocardiogram showed the presence of mitral regurgitation X-ray showed that fracture shaft of femur.*

*She was highly uncooperative in the initial days of treatment because of her pain in leg.*

*I rendered her, basic and advanced nursing care in the Intensive Care Unit (ICU). She was happy. She called me "Amma". She expressed that after her mother's death no one has spoken to her in a kind manner as I did. I felt that she needed me the most. Every day she waited for my arrival in the ward. She expected me to render the whole care to her. On the 3rd day after admission being stabilized, she was posted for surgery.*

*After the preoperative care, she expressed her liking to see me after surgery. Even, when she was on theatre table, she has told the staff nurses that she wishes to see. My thoughts lingered around her, for the reason why I was loved by her so much. The reason may be that 'I am a NURSE'.*

*You are the thought by your patients in joy, sorrow and difficulties.*

*Privileged to be a NURSE.....!*

*Ms.S.Glory Evangeline.,BSc (N), Tutor*



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## CONTRIBUTOR TO CARE

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*Happiness and joy rolled over in the faces of students as they entered into the new College of Nursing. Few days later, there I found a girl, sitting lonely and not willing to face everyone.*

*Multiple thoughts came into my mind. Will it be a family problem, home sickness and or personal issues or any something related to studies. I thought twice before I could intervene. To my great surprise, when I approached she opened up her heart and spoke to me.*

*Though she was good in academics during her school life, she was not able to perform well in her college studies. Sat with her, identified and limited the problem. It was only matter of understanding the medical terminologies which led her to lack of confidence.*

*Having understood her difficulty, my interaction with everyday increased and helped in the learning process with instillation of confidence which changed her outlook towards nursing. She challenged her university exams and with happiness and sense of achievement. She started climbing high in the assessment . Mentoring with patience and involvement can bring wondrous changes in the lives of students.*

Ms. Renukadevi .k B.Sc (N), Tutor

# HEALTH AWARENESS PROGRAMME





# HEALTH AWARENESS PROGRAMME







**SRM**  
TRICHY  
COLLEGE OF NURSING

SRM Nagar, Trichy – Chennai Highway,  
Irungalur Village, Tiruchirapalli – 621105  
Tamil Nadu, India.

**Phone:** 0431-2258501

**Mobile:** +91 9585228600

**Email:** [principal@nc.srmtrichy.edu.in](mailto:principal@nc.srmtrichy.edu.in)  
[principal@nc.srmt.edu.in](mailto:principal@nc.srmt.edu.in)