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TRICHY
COLLEGE OF NURSING



Florals




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NEWS LETTER

JAN - JUN 2023

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PRECEDING TO NEW : INAUGURAL FUNCTION – 5th BATCH

Inaugural function was organized for 5th batch students. The program was presided by Dr. R. Shivakuamar, Chairman, SRM Institutions (Chennai – Ramapuram & Trichy) Prof. Dr. D Nehru Dean K.A.P.V. Govt., Medical College motivated the new comers on the significance of nursing in healthcare and encouraged them to face the future challenges.



LET YOUR LIGHT SHINE - LAMP LIGHTING CEREMONY - 5th BATCH

The Lamp lighting ceremony was held as a tribute to Florence Nightingale an auspicious occasion in every nurse's life. It is an important event, where the lamp symbolizes the nurse and light symbolizes hope and comfort for those suffering. All the Nursing students took the Nightingale oath after lighting the lamp. The ceremony was presided over by honourable Chairman Dr.R.Shivakumar, SRM Institutions (Chennai- Ramapuram &Trichy) delivered the presidential address. Chief Guest address was delivered by Dr.R.Gunasekaran, senior National Vice President (elect), IMA, India, founder, Managing Partner, Physician, Diabetologist – Deepan Hospital, Trichy.





INTERCOLLEGIATE SPORTS MEET

The students of SRM Trichy College of Nursing won several laurels in the intercollegiate Sports Meet conducted at Indira Ganesan College of Nursing, in collaboration with Tamil Nadu Dr. MGR Medical University. Our students took part in various events like Kabadi, Throw ball, Volley ball, Chess, Carom and Athletic events. They were awarded second prize in volley ball & 400 meters and third place in Chess competition



FEST OF TAMILNADU

Pongal is the harvest festival of Tamil Nadu, celebrated on the first day of 'Thai' (Tamil month), a festival of thanks giving to the sun God. SRMTCON students exhibited their talents like Villupattu, Puppet show and Folk dance. Everyone appreciated and enjoyed the programmes. Students with great enthusiasm took part in several other competitions as part of the celebration



SOCIAL PROJECT ON MENSTRUAL HYGIENE

SRM Trichy College of Nursing organized School health programme on "Menstrual Hygiene" in Eden Garden's Matriculation School at Udumbiam, Perambalur



FACULTY DEVELOPMENT PROGRAMME ON ONCOLOGY NURSING

IQAC cell of SRMTCN organized 5 days Faculty Development Programme on "Oncology Nursing" from 21st -25th February 2023 in hybrid mode. The eminent speakers were invited to share their wisdom and knowledge on the topic. The sessions were informative and useful in clinical setting. This was followed by Valedictory Function. Prof. Dr. Suja Suresh, Principal, SRMTCN distributed the certificates to the resource persons and participants.



MASS HEALTH AWARENESS PROGRAMME ON ANTENATAL CARE

SRM Trichy College of Nursing students organized awareness programme in antenatal clinic at SRM RHTC at Sangenthi on 24.02.2023 and gave health education regarding antenatal diet and prevention of hypertension during the antenatal period. Many antenatal mothers participated in this program.



SWACHH CAMPUS MISSION

Swachh Bharat Abhiyan is a country-wide campaign initiated by the Government of India to improve solid waste management. Dr. SujaSuresh, Principal, SRMTCN, welcomed Dr. Malmurugan, Director for clean campus mission. He distributed gloves and necessary articles to the students. All the faculty and students were enthusiastically involved in Clean Campus Mission. This mission initiated the litter free green campus.



HOME AWAY CELEBRATION 2023

TSRM organized "Home Away 2023" a fabulous event exclusively for hostel students on 24th February. The famous Vijay TV Anchor Mr Ma Ka Pa Anand and Ms.V J Kalyani anchored the whole event. SRM Trichy College of Nursing students performed a couple of dances and the hostel students enjoyed the programme.



CHANGING PERSPECTIVES : LET'S TALK ABOUT OBESITY

Our final year students organized the World Obesity Day awareness programme on 17.03.2023 in Government School at Manikapuram, Trichy. The students created awareness on obesity prevention.



WORLD TUBERCULOSIS DAY - 2023

World Tuberculosis day was observed by Guest Lecture. Prof. Jeyanthi M.Sc (N), Vice Principal, Our Lady College of Nursing, Thanjavur, was the guest speaker. She presented the topic on Tuberculosis with the theme of "YES WE CAN END TB". Students benefitted from this program.



NOT JUST TODAY : CELEBRATE WOMEN EVERYDAY

Every year on March 8, the world celebrates International Women's Day. It is a day to honour women's accomplishments & promote gender equality, and stand up for women's rights. With this great aim the day was celebrated. in SRM Trichy campus. SRM Trichy College of Nursing students and Faculty participated in games and won many prizes. Students performed Mime Show, which was highly appreciated by all the dignitaries.



WORKSHOP ON FIRSTAID AND DISASTER MANAGEMENT

IQAC cell of our college organized workshop on First Aid & Disaster management for 2 days (13.04.2023 & 15.04.2023). SRM Trichy College of Nursing, SRMIST BOT & BPT Trichy Campus and MAM College of Nursing attended the program. The workshop was very informative. Certificates were distributed to all the participants. The programme ended with Valediction and feedback from delegates. Mock drill by the students was conducted.



EXPLORE YOUR IDEAS - PROJECT DAY 2023

Trichy SRM Institutions organized project day on 27.04.2023 and 28.04.2023. Dr.B.K. Nashine, Director – Reactor Design & Technology Group Indra Gandhi Centre for Atomic Research Kalpakkam, Chief Guest of the Project day gave the motivational speech to students. SRM Trichy College of Nursing students presented their projects with great creativity. Around 1000 students benefitted from this project day.



INTERNATIONAL NURSES DAY

International Nurses Day was celebrated on 15.05.2023. Various competitions such as short film making and fashion parade were conducted and winners were awarded with the prizes. Nurse's day speech was given by Principal Dr. Suja Suresh based on the theme "Our Nurses Our Future". Cultural events were conducted for the students, who took part with enthusiasm. Finally, the program ended with cake cutting. Tree plantation was done by The TN Dr.MGR University inspectors with college administrators.





FDP ON NAAC SENSITIZING PROGRAMME - 2023

IQAC cell of SRMTCON organized a Faculty Development Programme on NAAC Sensitizing Process from 23.05.2023 to 24.05.2023. Dr.Nalini S.J. Principal, SRIHER and Dr. A. Seethalakshmi Professor from SRIHER, Chennai spoke on NAAC Criteria, Key indicators, Quantitative and Qualitative Metrics and AQAR.



SEMINAR ON WRITING PROPOSALS FOR FUNDED PROJECTS

IQAC organised Seminar on writing proposals for funded projects. The Speaker of the day was Dr. Uppu Ramachandrayya, Research Director, SRM Institutions, Chennai – Ramapuram & Trichy. He explained the process of writing a research, the importance of making the research stronger by collaborating with other investigators and the requirements to succeed in publishing articles on time and availability of the funding opportunities around the world.



FAMILY DAY CELEBRATION - 2023



Trichy SRM organized "Family Day 2023" on 27.05.2023. It was an enlightening, cherishing family gathering event for the staff working in Trichy SRM. In this program, the staff with more than 10 years of experience were appreciated and given awards. SRM Trichy College of Nursing staffs were in the registration and organizing committee for the successful conduction of family Day. Faculty from many institutions in Trichy SRM performed cultural programs. The day was ended with delicious dinner.



WORLD BLOOD DONOR DAY

SRM Trichy College of Nursing Youth Red Cross society (YRC) organized the Blood Donation Awareness Programme on 14.06.2023 Echampatty village, Trichy. Nursing Students were performed skit to create awareness regarding significance of blood donation. The participants were benefited and gained knowledge regarding blood donation. All participants co-operated well throughout the programme.



INTERNATIONAL YOGA DAY

SRMTCON organized International Yoga Day in St. Adaikala Madha Primary school, Kalpalayam on 21.06.2023. The theme of this year is 'Yoga for Vasudhaiva Kutumbakam'. Dr. Alagesan explained the significance of yoga and demonstrated yoga postures for school students and community people. In SRMTCON, Ms. Balasivapriya Physical Instructor demonstrated different yoga postures. All faculties and students actively participated and performed different Yoga postures eagerly.



REFLECTIONS - 1st Alumni Meet

SRMTCON 1st Annual Alumni Meet on 23.06.2023 was commenced with TamilThaivazthu. The program was a good blend of formal and cultural event, taking everyone down memory lane. General body meeting was held and the Alumni interaction provided a platform for sharing experiences, ideas, feeling and opinions. Various suggestions were given to strengthen the alumni network and work for mutual growth.

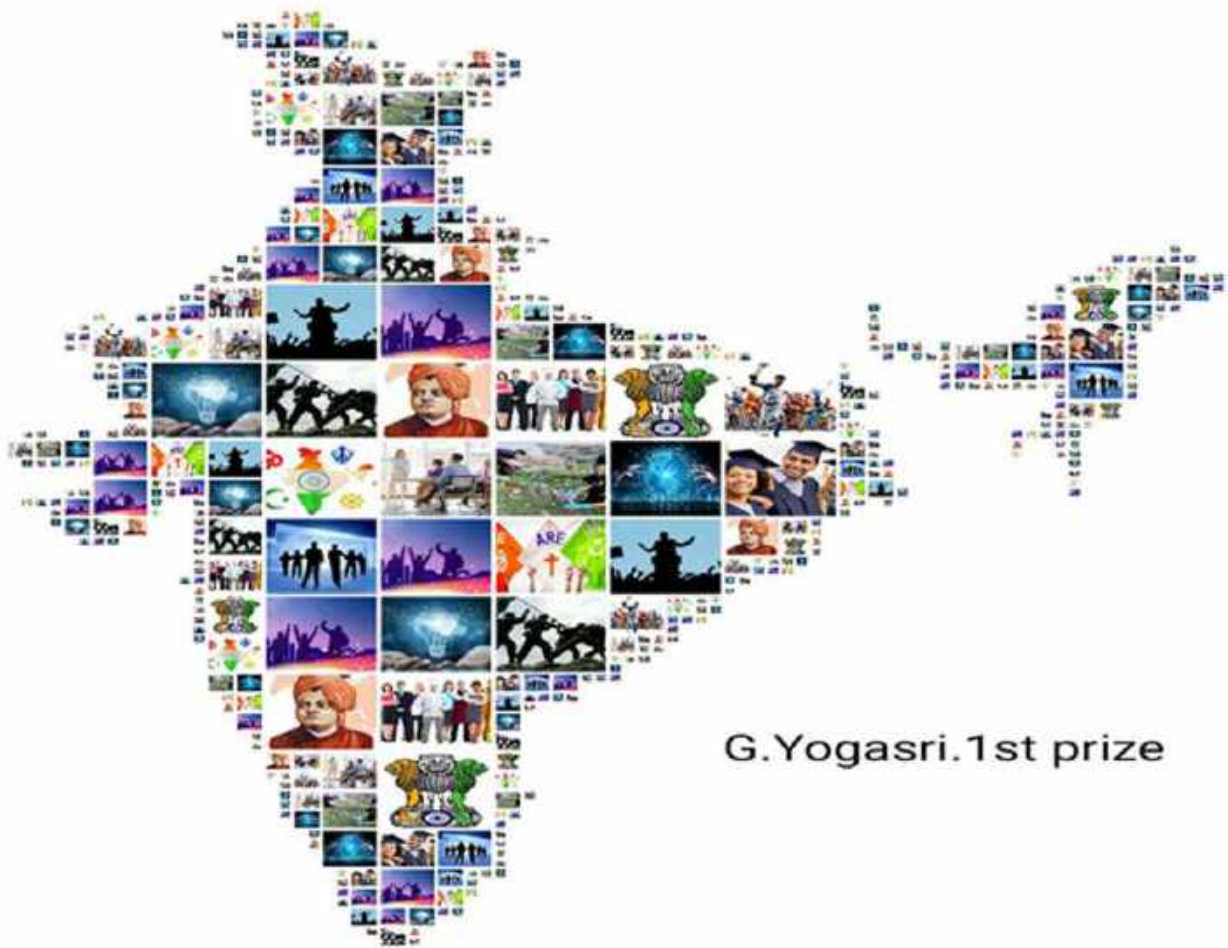


AWARENESS RALLY ON WORLD VITILIGO DAY

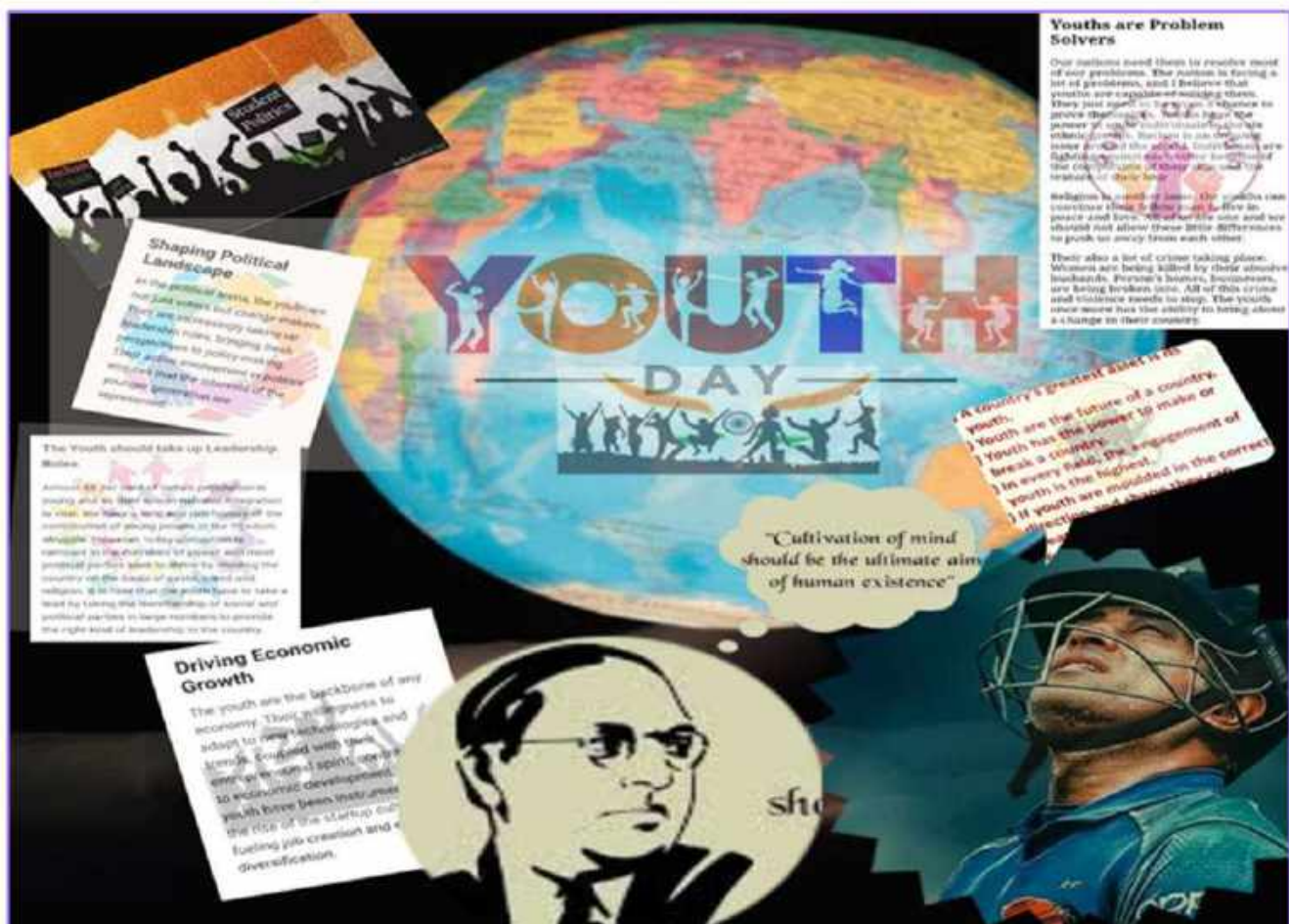
SRM Trichy College of Nursing along with TSRM Medical College Hospital and Research Centre organized Awareness Rally on 27.06.2023 on account of World Vitiligo Day. Nursing students participated in Rally programme. The IMA members gave information regarding Vitiligo and its management. The programme was informative.



BRAINCHILD OF NURSING BUDS



G.Yogasri.1st prize



Ms. T. Ishwarya 2nd Yr B.Sc (N)



Ms. M. Ragasutha 3rd Yr B.Sc (N)



Ms. Anchana A 2nd Yr B.Sc (N)

செவிலியரே தெய்வமெனச் சொல்!

கண்துஞ்சார் கொண்ட கருமமே கண்ணாயினார்
 உண்ணவும் நேரமதை நோக்காரே ! - மண்ணில்
 தவிப்போர்க்கு என்றும் துணையாக நிற்க்கும்
 செவிலியரே தெய்வ மெனச்சொல்!
 உயிரைப்பணயமாகவைத்து உழைப்பார்
 தயக்கம்இன்றிபக்கத்தில் இருப்பார் - நயமாய்
 கவனித்துக்கொள்வார் ; நலம்பெறவேவாழ்த்தும்
 செவிலியரே தெய்வமெனச்சொல்!
 அர்பணிப்பார்தம் வாழ்வை; அச்சத்தை ஓட்டிடுவார்
 கர்ப்பம்தரித்தோரைக்காத்திடுவார் - மற்றும்
 துவண்டுதுடித்தால் வலியைத்தணிப்பார்
 செவிலியரே தெய்வமெனச்சொல்!
 கவசம் அணிந்துகவனமுடன்காப்பார் !
 கொரோனாவைதுவம்சம் செய்வார் ! - உவந்து
 தவமாய்பணியாற்றும் தாரகப்பெண்டிர்
 செவிலியரேதெய்வ மெனச்சொல்!

இரவுபகல்பாராது என்னேரமும்வந்து
 சுறுசுறுப்பாய் செய்வார்சிகிச்சை - உரிய
 நிவாரணம் காண்பார்களிற்கதியாய்நிற்ப்போர்
 செவிலியரே தெய்வமெனச்சொல்!
 ஆறுதல்சொல்லி அரவணைப்பார் ; அன்புடன்
 தேற்றிடுவார், நோயில்துடிப்போரை - ஏற்றம்
 சுவாசத்தில், மீண்டும்சுகம்பெறவைக்கும்
 செவிலியரே தெய்வமெனச்சொல்!

மேடை

வாய்ப்புகளுக்காகதேடிஅலைந்தேன்
வாய்ப்புகள் கிடைக்காது என தெரிந்தும்
வாய்ப்புகள் கிடைத்தும் தொலைத்தேன்
என் தாழ்வுமனப்பான்மையின் நிமித்தம்
எனது பிரபஞ்சம் என்னைத்தேடி வந்தது
நானும் அதனிடம் சென்றடைந்தேன் - என்
வாழ்க்கையின் ஒவ்வொரு படிக்கற்களாய் - அவை
என்னிடம்சூறியமறுவாழ்க்கையின்வார்த்தை
உன் வாழ்வில் வரும் ஒவ்வொரு மேடையும் முக்கியமானவை
எந்தச் சூழ்நிலையிலும் எந்த மேடையையும்
தவறவிடாதே....ஏனெனில் எந்த மேடை வேண்டுமானாலும்
உன் வாழ்வை மாற்றலாம் - என்று
எனக்குள் தோன்றி என்னுள் வாழ்ந்துகொண்டிருக்கும்
அணையா நெருப்பில் உயர்வை நோக்கி.....

S. Arockiya Mary
4th Year B.Sc (N)

MOTHERHOOD

When you were in my womb
Resplendent me, even in my gloom!
No shape, no colour, no gender
Nothing, but I knew all you dear.
Your fragrance is irresistible bloom!
While you been a foetus in my womb.
I nurture you with love and care,
Groom you with courage and valour.
You are part of my flesh and blood,
Sparkling crown on my head.
You swim like a fish in my womb!
That I could feel in my room.
I shield you like a troop;
Through placenta and umbilical cord rope.
I forgot all my labour aches
By your upcoming good deeds.
You are the ever shining moon!
I am goanna see you very soon.
I bless you to be a serene river
And wish to be a compassionate shower.

Mrs. A. Bebina Vincia Anjala Mary
Asst. Professor,
SRM Trichy College of Nursing

HYPNOBIRTHING

Hypnobirthing is a method of pain management that can be used during labour and birth. It involves using a mixture of visualisation, relaxation and deep breathing techniques

Breathing exercises have long been part of antenatal classes. Hypnobirthing takes this and adds relaxation, visualisation and mindfulness techniques to help to concentrate on the mother's body and the birth of the baby. Hypnobirthing can be used with all other types of pain relief and be added to birth plan.

METHODS AND TECHNIQUES

Controlled breathing

Breathing deeply, in through the nose and out through mouth, can help you stay calm and reduce discomfort in labour.

Visualisation

Visualisation is the mother imagines the birth of the baby and what she wants to happen. It can be something really specific or more general, like a feeling want to have. For example, she could picture what it will feel like to hold the baby skin to skin after they've been born. It's like a rehearsal in her mind to help you feel more prepared and positive.

Deep relaxation / Meditation

Meditation may help the mother to concentrate on her body and baby during labour, while ignoring any extra noise or things going on around her.

Uses of Hypnobirthing:

- Hypnobirthing can help you manage stress hormones, such as adrenalin, and reduce anxiety, which should lead to a calmer birth. During labour, your body produces a chemical called oxytocin, which helps progress your labour. Stress hormones affect the production of oxytocin, and make your labour longer.
- Managing stress may also help to reduce some of the fear and pain experienced during labour.
- In some cases, hypnobirthing has been shown to make labour shorter.
- Practising hypnobirthing – whether it's at a class, with a book or CD – may help you to feel more prepared and in control when labour starts.
- It may help you cope with anxieties if you had a previous traumatic birth experience.
- Hypnobirthing may reduce the need for drugs and medical intervention. However, you can have additional pain relief as well if you want to.

Mrs. Aron Christy,
Professor, SRMTCN,

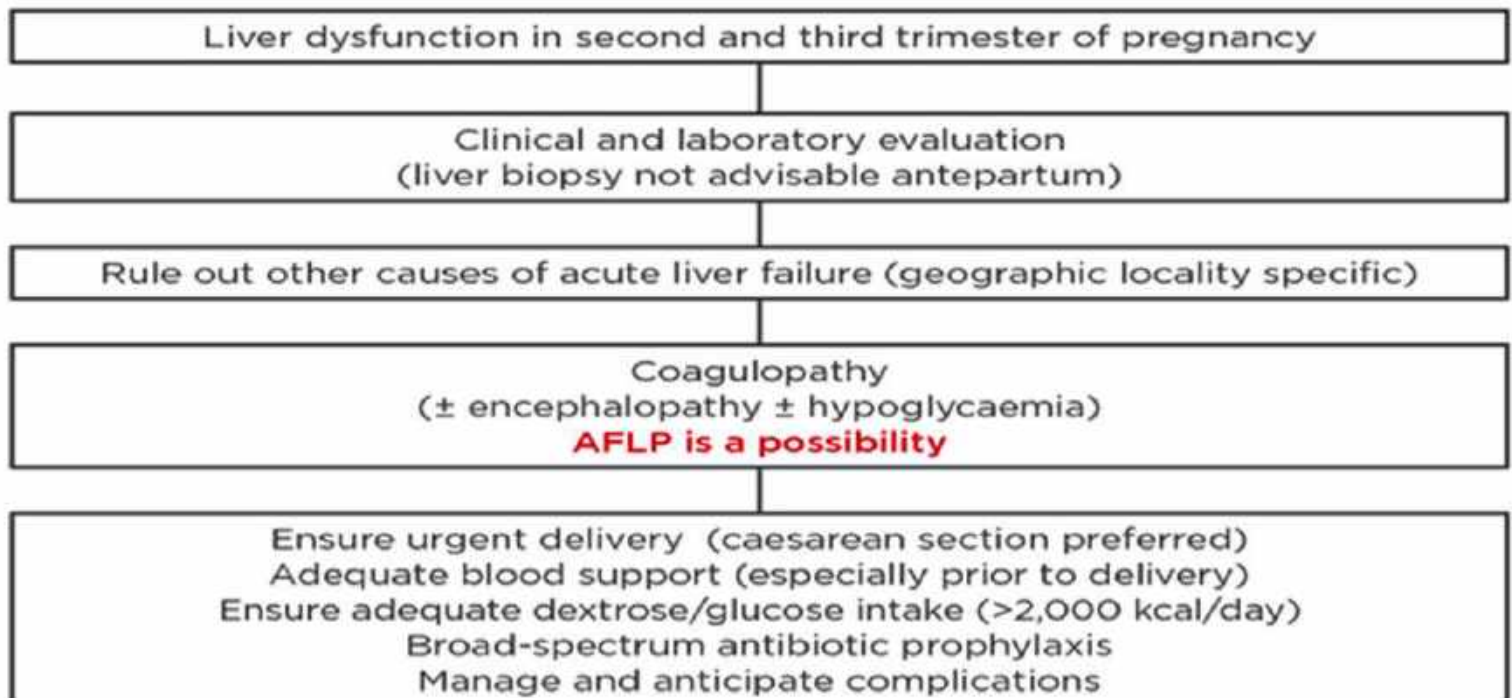
Acute Fatty Liver of Pregnancy (AFLP)

Acute fatty liver of pregnancy (AFLP) is an uncommon disorder affecting women in late pregnancy. It is increasingly recognised as an important cause of preventable maternal mortality across the world. The pathogenic mechanism of AFLP is now better understood; it appears that a compensated defective fatty acid oxidation becomes overt when metabolic stressors are superimposed on the increased energy demands of late pregnancy. The mother tends to rely more on fats as a source of energy in late pregnancy. This phenomenon may have an evolutionary basis and may explain why AFLP typically occurs in late pregnancy. The Swansea criteria have proven to be useful in early diagnosis of AFLP.

Symptoms :

AFLP usually starts late in the third trimester of pregnancy. These are the most common symptoms of AFLP usually presents with vomiting, abdominal pain, and mild jaundice; 24 symptoms of polydipsia and polyuria can be present but are rarely seen.

- › Nausea and vomiting
- › Belly pain, especially in the top right side
- › Feeling unwell (malaise)
- › Headache
- › Tiredness
- › Confusion
- › Yellowing of skin, eyes, and mucous membranes (jaundice)



Normal pregnancy

- Increased caloric demand in later stages of pregnancy.
- Switch to fats as preferred energy substrate.

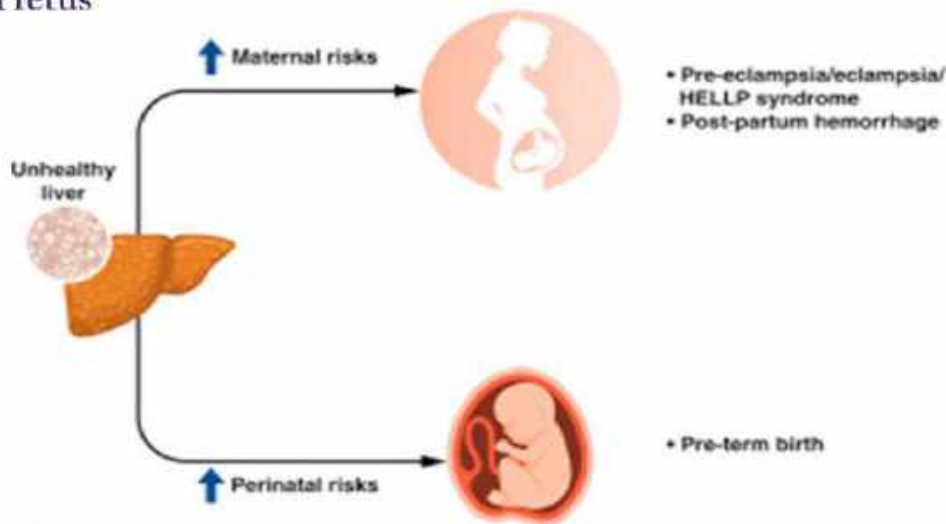
Acute fatty liver of pregnancy

- Accumulation of fatty acids that have not undergone beta oxidation at the required rate.
- Inability to generate energy at the rate required to sustain a healthy pregnancy and labour.
- Energy deficiency in the fetus.
- Consumption of available glucose resulting in damaging hypoglycaemia.

Proposal for treatment

- Provide sufficient glucose or dextrose as substitute substrate to meet energy requirements of the fetus

Effect on fetus



Complication :

- ▶ Liver failure,
- ▶ Coagulopathy,
- ▶ Haemorrhage,
- ▶ Renal failure, and
- ▶ Severe infection

Outcome

Most AFLP mothers show rapid improvement within a few days after delivery and on follow-up liver functions revert to normal. The prognosis in these patients is determined by the severity of liver dysfunction (serum bilirubin and prothrombin time), serum creatinine, and delay in delivery.

ANTI-DIABETIC CONSEQUENCES OF NITHYAKALYANI LEAVES/ PERIWINKLE LEAVE (MADAGASCAR PERIWINKLE)



India is the most important manufacturer of medicinal herbs and is called as “Botanical lawn of the arena”. World Health Organisation (WHO) has listed 21,000 flora which can be used for medicinal purposes. Herbal medication is gaining a reputation both in growing and developed countries because of its natural starting place. Medicinal herbs are used to deal with diabetes in large percentages everywhere in the Globe because of their easy availability and affordability.

Catharanthus roseus called Periwinkle and Nithyakalyani in Tamil, is a decorative shrub widely distributed around the world. It is a wealthy source of alkaloids (flora that produces chemical substances like nitrogen and oxygen) and plays a key role in fitness care. The plant is supposed to own antibacterial, antimicrobial, antioxidant, anticancer and antiviral activities.

Nithyakalyani for Diabetes

Periwinkle has been used for treating diabetes for many, many years, in particular inside the Philippines. The consequences supported what conventional healers have recognised all alongside that it reduces blood sugar tiers similarly like how a diabetic medicinal drug might do.

In lots of components of the world, Periwinkle tea is used to treat diabetes. However please recall, simply because it is a natural training, it does not imply its far safe in all dosages. Especially for individuals who are already on diabetic medicines, it would lower the blood glucose tiers way an excessive amount of. Pregnant women, breast feeding mothers need to actually avoid internal intake of periwinkle.

To make the periwinkle tea, take the leaves and unfold them on a plate and dry them under hot solar and powder it finely. Take the leaves in a plate and sundry till crisp and powder it properly in a blender and save. To make the tea, boil a cup (2 hundred ml) of water in a pan & add a big pinch of the powder and let it boil till the extract reduces a bit and pressure.

If you want to consume periwinkle for treating diabetics, it's far nice carried out beneath clinical supervision as it would have critical facet results, if ate up greater than a certain amount.

MS.Prithika. M
Tutor, SRMTCON



DID YOU KNOW?

Fish skin is being used to treat burns victim.

Tilapia fish skin has non-infectious microbiota, high amounts of type collagen, and a similar morphological structure to human skin, so it has been suggested as a potential xenograft for the management of burn wounds.

Normally in burn victims, doctors use sulphur sulphadiazine, which is a substance that heals wounds usually within 2 weeks. The downside is that the dressings and bandages must be changed daily to keep the wounds clean. Also, the patient has to take anaesthetic showers using anti-bacterial soap in order to prevent the wounds from emitting a bad odour, as well as painkillers.

The tilapia skin is applied directly onto the burned area and covered with a bandage, without the need for any cream.

Tilapia fish skin is not just taken off the fish and thrown on the wounds of burn victims. The skin is subjected to a meticulous preparation process, which removes the scales, muscle tissue, and toxins it contains. It is then stretched and cut into strips of 10 by 20 centimetres .

During the healing process, the fish skin will adhere firmly to the exposed skin. This provides excellent protection against external insults. The numerous proteins and fatty acids will infiltrate the wound and stimulate healing.

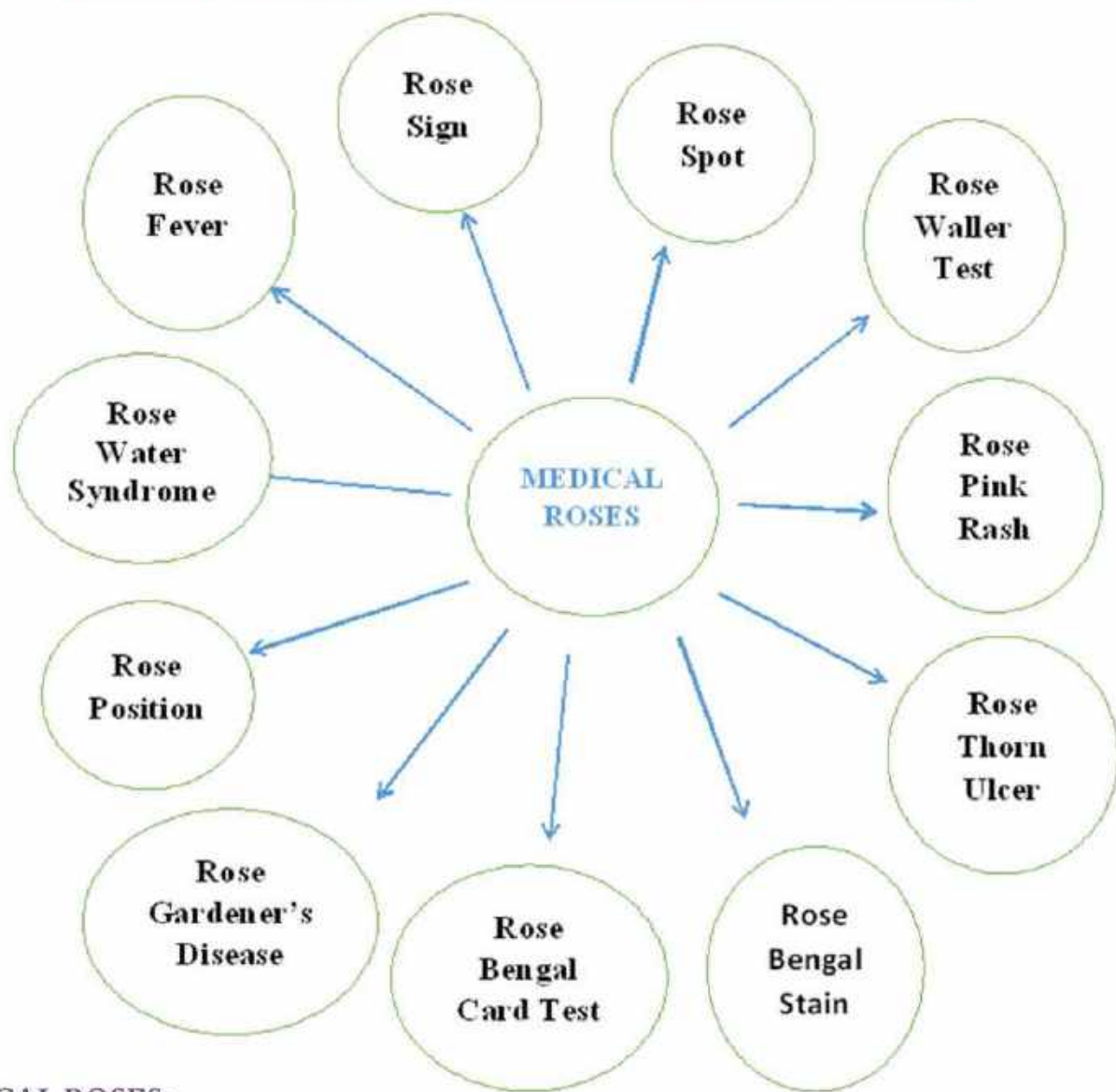
After about 10 days, doctors remove the bandage. The tilapia skin, which has dried out and loosened from the burn, can be peeled away.

Overall, fish skin can speed up healing by several days and reduces the need for pain medication. The fish skin has high levels of collagen type 1, stays moist longer than gauze, and does not need to be changed frequently. It is cheaper, simpler, and inspired by nature.

Ms. Dhivyalakshmi. S M.Sc(N)

Tutor, SRMTCON

COLLECTION OF MEDICAL ROSES



MEDICAL ROSES:

- | | |
|--------------------------|----------------------------------------------------------------------|
| 1. Rose Sign | : DVT |
| 2. Rose Spot | : Thypoid |
| 3. Rose Waller Test | : Rheumatoid Factor |
| 4. Rose Pink Rash | : Erysipelas |
| 5. Rose Thorn Ulcer | : Crohn Disease |
| 6. Rose Bengal Stain | : S Jogren Syndrome (Eye Examination) |
| 7. Rose Bengal Card Test | : Brucella |
| 8. Rose Garder's Disease | : SpoorothrixScheinki |
| 9. Rose Position | : Adenoidectomy/Tonsillectomy |
| 10. Rose Water Syndrome | : A Mild Form Of Hereditary X – Linked Hypogonadotropic Hypogonadism |
| 11. Rose fever | : Hay fever caused by grass polen or Rose polen |

Ms.C. Keerthana M.SC(N).,
Tutor SRMTCON.

Courses Offered

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DGNM – 3 years

Both Female & Male candidates



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