



**SRM**  
TRICHY  
COLLEGE OF NURSING



*Florals*



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**NEWS LETTER**

*Jan - Jun 2024*

**SRM TRICHY COLLEGE OF NURSING**



# MESSAGE FROM CHAIRMAN



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

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

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## Be Prepared, Not Scared — Fire Safety Awareness Program

SRM Trichy College of Nursing organized an Awareness programme on Fire safety on 10.01.2024 between 03.00 - 05.00 pm for Teaching and Non-teaching faculty of SRMTCN. The Program was aimed to make the employees of the Institute mindful of fire hazards and the safety measures which can be taken during a fire emergency. Mr. Vijay Fire Safety Officer discussed several types of materials which cause fire and how that fire can be ceased. He and his team gave a demonstration of the methods of fire extinguishers can be used to cease a fire. Everyone participated very actively.



## Reaping The Rewards of Hardwork — Pongal Celebration

Pongal is the harvest festival of Tamil Nadu, celebrated on the first day of "Thai" (Tamil month), a festival of thanksgiving to the sun god. SRMTCN four batches prepared Chakara Pongal, that was offered to all faculty and students. The college campus was elegantly decorated for Pongal, with vibrant Rangoli and sugarcane adorning the grounds. The ceremony began with a contemplation, followed by a message reminding pupils of the importance of the harvest festival. Various cultural programs, including music, dances, and skits, demonstrated the significance of the Harvest Festival.



# Empowering The Girls, Empowering The Future — National Girl Child Day

Women's grievance and Internal Complaint Committee of SRM Trichy College of Nursing organized Guest lecture on account of **National Girl child day on 24.01.2024 at 3pm**. National Girl Child Day is observed annually to promote the rights and well-being of girls. The day is dedicated to addressing the issues faced by girls around the world, highlighting the importance of gender equality, and celebrating the achievements and potential of young girls to raise awareness about the inequalities faced by girls & to promote the importance of providing equal opportunities for girls in education, health, and development. The chief guest of the program was Social activists Mrs. Nallangal, MSW, M.Phil., Psychiatric counselor and Mrs. Revathy MSW, M.Phil., Family counsellor created awareness about opportunities, rights of a girl child and addresses issues.



## Learning Today, Leading Tomorrow - Continuous Nursing Education



SRM Trichy College of Nursing organized a CNE on World Leprosy Day on **3 January 29, 2023**. Dr. Sathya M.B.B.S., Deputy Director of Health Services (Leprosy), Trichy, delivered a health talk on the theme of "Beating Leprosy," which serves as a forceful reminder of the significance of addressing the social and psychological aspects of leprosy in addition to medical efforts to eliminate the illness. The presentation debunked common misconceptions about leprosy and emphasized the importance of early diagnosis. She additionally elaborated eloquently on the widespread societal stigma and discrimination experienced by impacted people, arguing for a more inclusive community. Success stories in leprosy elimination were shared, emphasizing global progress and instilling optimism. The audience passionately participated in the presentation as well as engaging in an inquiry and answer session with the speaker.

# Igniting The Flame Of Care And Compassion — Lamp Lighting Ceremony

Lamp lighting ceremony of 6th batch of B.Sc., Nursing and 1st batch of GNM students (2023-2024) was conducted on at SRM Auditorium in Trichy campus. The programme commenced with invocation followed by welcome address by Dr.Suja suresh,Principal SRM Trichy College of Nursing. The program was presided by Dr. Shiva kumar,Chairman , SRM Institution , Ramapuram,Chennai & Trichy delivered the presidential address . The chief guest for the ceremony was Dr.N.Venkatesh Prajna, Director — Residency Training of Aravind Eye Hospital ,Madurai.He sahred the importance of humbleness, honesty , responsibility , boldness and loyalty for Nurses . He emphasized the imporatance of role of nurses . Finally congratulated the students for choosing the right profession to serve the society.The programme was ended with vote of thanks and National anthem.



## Signing Today, Shaping Tomorrow- Memorandum Of Understanding (Mou)

MOU signing Ceremony was held on **08.02.2024** with **Poornod haya Trust, Kula kudi, Tiruchirappali**. The event marked a significant milestone in fostering collaboration and strategic partnerships to achieve shared objectives. The ceremony commenced with a warm welcome by Dr.Suja Suresh, Principal, SRM Trichy College of Nursing. Dr.R.Shivakumar M.D., PhD presided over the function. Ms.P.Kalaiarasi,. M.A. Founder & Director, Poornod haya Trust delivered speech emphasizing the significance of the collaboration, outlining the shared vision, and expressing enthusiasm for the joint endeavours ahead. The felicitation addresses were given by Prof.Dr.N.Sethuraman, Chief Director, Dr.N.Mai murugan, Director, SRM Group of Institutions, Trichy. The focal point of official signing of the Memorandum of Understanding was done by our honourable chairman and Director of Poornod haya Trust. The ceremony concluded with closing remarks, expressing gratitude to all attendees.



## Language Is The Soul Of A Nation — International Mother Language Day

International Mother Language Day is celebrated every year on 21<sup>st</sup> February, to raise awareness of linguistic and cultural diversity and to promote multilingualism. The day is part of a larger effort to encourage the preservation and conservation of all languages spoken by people all over the world. It focuses on how technology may help promote multilingual education and support the development of high-quality teaching and learning for everyone. To mark the day, SRM Trichy College of Nursing organized Poster competition for students on **23.02.2024**. Students actively participated and expressed their artistic talent.



## Prepare Today, Survive Tomorrow” — Workshop On First Aid and Disaster Management

The workshop on First Aid and Disaster Management was conducted by SRM Trichy College of nursing organized workshop on first aid & disaster management for 2 days (**5.3.2024- 6.3.2024**) to enhance community preparedness and response capabilities in emergencies. The event aimed to provide practical skills and knowledge on handling first aid situations and managing disaster scenarios effectively. SRM Trichy College of Nursing & Indra Ganesan College of Nursing students attended the program. The workshop was very informative and Useful. Everyone gained hands-on experience with first aid techniques and disaster response strategies, boosting their confidence in handling emergency situations.

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## The Filters of Life, Let's Keep Them Clean — World Kidney Day

World Kidney Day 2024, marked on March 15th, emphasizes "Kidney Health for All" at SRM Trichy College of Nursing. The core subject of **World renal Day 2024**, Kidney Health for All, emphasized the importance of creating universal access to renal healthcare services, regardless of geographic location, socio-economic level, or demographic makeup. Students presented a paper presentation to recognize the significance of kidney wellness and promote awareness about kidney illness and improvements in treatment.



## Empowering Voices, Enriching Lives: Communication Skill Training Program

SRM Trichy College of Nursing organized Guest lecture on communication skill training on 09.04.2024. The speaker of the day was 3.C.R.Prasath M.A., M.Phil., M.Ed., Assistant professor of English, Bishop Heber College, Trichy. He explained about types of communication skill, and he gave practice to the students about interaction between the patient and nurses. The Communication Skill Training Program successfully met its objectives by enhancing student's communication abilities across various domains.



## Protect Water, Protect The Planet — World Water Day

Youth Red Cross (YRC) Unit of SRM Trichy college of Nursing conducted a poster presentation and pencil sketch drawing an account of world water day on 10-04-2024 at 12-1 pm. The theme of this year "WATER FOR PEACE". Our B.Sc (N) and DGN M students actively participated in the poster presentation and pencil sketch drawing during that time they showcased their work and developed into the potential of the younger generations cognitive skills and won the prizes.



# Building Capacity, Building Futures: Faculty Development Programme

SRM Trichy College of Nursing organized the Faculty Development Programme on Mental Health for all 2024 from **11.04.2024 to 17.04.2024** between 10.00am — 12.00pm. This was a six-day programme where eminent speakers discussed various related subtopics in detail and a very beneficial experience for the participants. It provided insight into Mental Health for toddler and school children, mass media of mental health, adolescents' mental health, environment, Urbanization of mental health. A feedback link was given to all participants and an e-certificate was provided.



## "A Healthy Liver Is A Happy Liver" — World Liver Day

SRM Trichy College of Nursing marked World Liver Day on **April 22, 2024**, to raise awareness of illnesses related to the liver. "Keep your liver healthy and disease free" is the World Liver Day 2024 theme. The theme for this year is the need of routine health examinations in preventing illnesses related to the liver. By bearing this in mind. A competition involving fireless cooking took place to avoid liver problems. A range of foods were cooked by the pupils. The Fireless Cooking Competition effectively demonstrated culinary prowess, inventiveness, and dedication to liver health. The participants showed a deep understanding of the connection between liver function and food by preparing their meals with sustainable cooking methods and wholesome components.



## Ideas Are Assets, Protect Them — Intellectual Property Rights

SRM Trichy College of Nursing organized a Seminar on Intellectual Property rights on **23.04.2024** between 11.00 am - 01.00 pm. Dr. Sakthipandi. K, M.Sc., M.phil., Ph.D, Professor, Physics Department, SRM TRP Engineering College explained in detail the Intellectual property rights, patents, trademarks, copyrights, and India's official intellectual property website. Participants actively participated and clarified their doubts.

## Competition Is The Spark, Excellence Is The Flame — Intercollegiate Competition

On **May 7, 2024**, SRM Trichy College of Nursing hosted an intercollegiate tournament in commemoration of International Nurses Day. Registration for each event began the morning's session. Numerous competitions, including group dance, group song, mime, pencil creating art, vegetable carving, Mehandi, short film, both indoor and outdoor events, as well as more were held during the event. The evaluators had a difficult time assessing the participants because of their intense zeal. It was noteworthy that twelve nursing colleges joined delight in the event was remarkable. The program's schedule was designed so that each competition took place in a separate room during simultaneous sessions. Trophies and certificates were presented to the first, second, and third place winners in each event. The suggestions from other educational institutions and the Positive participant feedback greatly improved the institution. The event was successful and expertly arranged overall.



## Celebrating Women, Celebrating Strength — International Womens Day

International Women's Day is celebrated across the world to pay honour to the great women of the society. The theme for International Women's Day 2024 is "Inspire inclusion." The auditorium was beautifully adorned with lights and lamps to give a warm welcome to all the guests. For the event, the guest of honour was woman entrepreneur Ms.Priya Gunasekar, Managing director for RA foods and millets farm and Ms.Farzana, founder of Lima rz beauty parlor to make the event livelier. They addressed that there should be a balance between career and family, the girls should know their right to defend themselves and be careful against crimes against women. On account of Women's Day lot of Competitions were conducted for students and faculties. Winners are awarded with prizes.



# Healing Hands, Caring Hearts, Compassionate Souls"- International Nurses Day



International Nurses Day 2024 Celebrated on **11.05.2024** between 09.00 am -12.00 am in Multipurpose Hall, SRMTCN under the theme of "Our Nurses Our Future, The economic power of care" International Nurses Day annually as the birth anniversary of Florence Nightingale, who is widely considered the founder of Modern Nursing. We Invited Our Honorable Chief Guest Mrs. Rajini Ramachandran BSc(N) senior Tutor, school of Nursing, Govt Annal Gandhi Memorial Hospital, in Tiruchirappalli .She delivered a impressive and motivational speech to encourage the students and faculty. B.Sc (N) Fourth Year Students Depicted Pyramid regarding about Women Empowerment and career development programme for Nurses.

## Celebrating Success, Embracing The Future Graduation Day

On **June 1, 2024**, at the SRM Campus, the SRM Trichy College of Nursing celebrated its first graduation day. With great dignity, Dr. Suja Suresh, Principal, welcomed the chief guest, dignitaries, graduates, parents, and a large gathering. Chairman of SRM Ramapuram, Chennai and Tiruchirapalli campus Dr. R. Shivakumar presided over the function. Dr. Ani Grace Kalaimathi, Registrar of the Tamilnadu Nurses & Midwives Council, was the opening address guest. 16 students won 20 merit prizes and 93 undergrad degrees. The Chief Guest acknowledged & congratulated the graduates and their parents for making the choice to enroll their young ones in this highly esteemed institution. She placed a strong emphasis on nurses' visibility, leadership, and research in the nursing field. During her address, the Honorable Chief Guest inspired the graduates to pursue their careers in nursing with dedication. The graduates were given the oath by the principal. Gathering was welcomed and prize winning graduates were presented by Registrar of TNNMC. The program was ended with vote of thanks and National anthem.



## Small Actions Today, Better Tomorrow — World Environment Day

In observance of World Environment Day, the SRM Trichy College of Nursing Youth Red Cross (YRC) Unit hosted a "TREE PLANTATION" on premises on **June 10, 2024**. Humans in particular require oxygen for their survival, and trees are the best provider of this element. Additionally, trees contribute to the reduction of CO2 emissions. As the entire globe is currently dealing with the issue of global warming, planting trees has emerged as one of the most crucial modern solutions. "Our Land, Our Future" was the theme for this year. Generation Restoration is who we are. Our dear principal and vice principal planted trees on the college grounds in accordance with the theme.



## A Journey of Inner Peace- International Yoga Day

SRM Trichy College of Nursing organized the International Yoga Day-2024. Our honorable chief guest Sri Vyasandha Maharishi taught about the benefits of yoga and to promote a healthier lifestyle through its practice. Students from SRM Trichy Arts and science college students and II year B.Sc. Nursing Students participated in the programme. All faculty members & students performed different types of yoga. It was useful and effective for all the participants. Also poster competition was conducted for the nursing students. The posters are very creative and informative.



## Choose Life not Drugs- Awareness Program On Substance Abuse Day

On **26.6.24** a significant event unfolded in Trichy as concerned citizens, activists, and local authorities came together for a rally aimed at raising awareness about substance abuse. This event marked a crucial step in addressing the growing issue of substance abuse in our community. It drew participation from diverse groups including students, teachers, healthcare professionals, law enforcement officials, and members of the local community. The rally received positive responses from the community, with many expressing gratitude for the initiative. The Substance Abuse Awareness Rally in Trichy served as a pivotal moment for the community to come together and address a pressing issue. Through education, advocacy, and community engagement, the rally contributed to laying the groundwork for a healthier and more informed society.



Student Nurses Association

### தாய்மை...

எனக்குள் ஒருஉயிரை சுமந்த  
அந்த சுகமான நாட்கள்,  
மசக்கை மயக்கத்திற்கு பரிசாக,  
அந்த சிசுவின் அசைவு!....  
ஒன்றுசேரா சொந்தகளும் ஒன்று சேர்த்து  
என்றுகில் புன்னகையுடன்  
நீண்ட நீரை போராட்டத்துடன் அந்த ரத்த  
வெள்ளத்திலிருந்து  
ஓர் உயிர் - அழகான அழகை  
அது அவன் - என்னுள் சம்மந்த  
அந்த உயிர் .....

மார்போட அவனை  
அரவணைத்த என்  
நடுங்கின கரங்களுடன் என்  
இதழ்களும் அவனை முத்தமிட துடித்தன



Ms.Elakkiya.S B.Sc(N) IV Year



Ms.Hemavathi.3 B.Sc.Nursing II Year



Ms.Anjana B.Sc(N) III Year



Ms.Ragasudha, B.Sc.Nursing IV year



Ms.Infant Sakina.R  
B.Sc.Nursing III year



Ms. Sowmiya.P  
B.Sc.Nursing II year

# Reinvigorate Of Neurons

## PPH Butterfly: A novel device to treat postpartum hemorrhage through uterine compression

Postpartum hemorrhage (PPH) is a significant cause of maternal morbidity and mortality. The most common cause is an inability of the uterus to contract adequately after childbirth. In bimanual compression (BMC), one hand is placed within the vagina and the other hand is on the abdominal wall to compress the uterus. It is effective, but very uncomfortable for the woman. The PPH Butterfly was invented by Professor Andrew Weeks. The PPH butterfly device was designed to replace BMC without inserting a hand vaginally, therefore being less invasive. It could also help in diagnosing the source of the bleeding. The PPH Butterfly is a single piece, plastic medical device that replicates BMC. It is designed to be easy to use and low-cost and allows for smooth insertion and removal.

### PPH Buterfly Device

A platform that could allow a traumatic compression of the uterus while allowing drainage of blood through it. A system for inserting the platform into the upper vagina without trauma or discomfort and which can be reversed for its removal.

A hand ie to allow the user to hold the platform from outside the birth canal and hold it stable despite up to 100 N pressure on any part of the platform . .A safety mechanism to prevent inadvertent over insertion of the device. A mechanism to assess how much blood is coming from above the device and how much is coming from below it. A mechanism which allows the device to be gripped securely against a surface under the woman's buttocks with minimal effort from the user



## Conclusions:

The PPH Butterfly is a novel device designed to treat PPH through uterine compression. It is built to be less invasive and less tiring than traditional BMC. Clinical assessments are currently being undertaken to determine its safety and effectiveness in PPH management.

Ms. Shanthi. P, M.Sc(N)  
Associate Professor

## Health Benefits For Children

Children's health is a vital concern that affects not only their well-being but also their future potential and quality of life. As a vulnerable population, children are susceptible to various health issues, including infectious diseases, chronic conditions, and developmental delays. In fact, according to the World Health Organization (WHO), approximately 15 million children under the age of 18 die each year due to preventable causes. Moreover, many children worldwide suffer from malnutrition, poverty, and lack of access to healthcare, which can have long-lasting effects on their physical, mental, and social development.

**Improved physical health:** Regular exercise and healthy habits help build strong bones, muscles, and hearts.

**Enhanced mental health:** Good habits and social connections support emotional well-being and self-esteem.

**Better sleep:** Establishing a consistent sleep schedule and relaxing routines promotes healthy sleep patterns.

**Healthy weight management:** Balanced diets and regular physical activity help maintain a healthy weight.

**Increased immunity:** A nutritious diet and good hygiene practices support immune system development.

**Improved cognitive function:** Engaging in learning activities and social interactions supports brain development.

**Better social skills:** Interacting with others helps develop communication, empathy, and friendship skills.

**Emotional regulation:** Learning to manage emotions and develop resilience.

**Improved academic performance:** Good health habits and regular exercise support academic achievement.

**Reduced risk of chronic diseases:** Establishing healthy habits early reduces the risk of future health problems.

Here is a potential introduction for a research paper or article on children's health:

Ms.Rani Joseph ,M.Sc(N)  
Assistant Professor

# Floating Harbour Syndrome



Floating Harbour Syndrome is a rare genetic disorder that primarily affects physical and intellectual development. It was first described in 1977 and is named after the "Floating Harbor" as a metaphor for the disorder's impact on development. The syndrome is typically associated with a range of distinctive features, including growth delays, intellectual disabilities, and other physical abnormalities.

## Genetic Cause:

Floating Harbour Syndrome is usually caused by mutations in the SRPX2 gene, which is located on the X chromosome. The disorder follows an X-linked inheritance pattern, meaning it is more commonly seen in males, though females can also be affected in rarer cases. The SRPX2 gene is important for the normal development of the brain and other body systems.

## Management Strategies:

### 1. Early Intervention and Developmental Support

**Speech and Language Therapy:** Since many individuals with FHS experience delays in speech and language development, speech therapy is often a critical part of management. This can help improve communication skills and reduce frustration related to verbal expression.

**Physical and Occupational Therapy:** Physical therapy may help improve motor skills and coordination, while occupational therapy focuses on helping individuals develop skills for daily living, such as dressing, feeding, and self-care.

**Early Childhood Education:** Special education services tailored to the child's cognitive and developmental needs are essential. Individualized Education Plans (IEPs) may be created to support academic and social development.

**Developmental Monitoring:** Regular follow-up with developmental specialists can help monitor progress in cognitive, motor, and social areas. Any emerging issues can be addressed promptly.

## 2. Management of Intellectual Disabilities

**Cognitive and Behavioral Support:** Children with FHS may have mild to moderate intellectual disabilities, so structured educational programs focusing on cognitive skills, adaptive behavior, and social skills are key to their development. Behavioral therapies, such as Applied Behavior Analysis (ABA), may also help with managing any challenging behaviors.

**Social Skills Training:** Due to the developmental delays, individuals with FHS may struggle with social interactions. Social skills training, which may include role-playing, peer interactions, and guidance on recognizing social cues, can help improve socialization.

**Family and Psychological Support:** Families may benefit from counseling or support groups to help them navigate the challenges of raising a child with intellectual disabilities. Psychological counseling for both the individual and family members may provide coping strategies and emotional support.

## 3. Monitoring and Addressing Physical Symptoms

**Growth Monitoring:** Children with FHS often experience growth delays, so regular monitoring of height, weight, and overall growth patterns is necessary. Nutritional counseling may be helpful to ensure proper growth and development.

**Skeletal and Musculoskeletal Care:** If there are any musculoskeletal issues, such as scoliosis (curved spine), joint hypermobility, or other abnormalities, orthopedic consultation may be needed. Early intervention for scoliosis can help prevent severe complications later on.

**Vision and Hearing Screening:** Individuals with FHS may have visual or auditory impairments, so regular eye exams and hearing tests are important to identify and address any sensory deficits.

## 4. Support for Adults with Floating Harbour Syndrome

**Vocational Training:** As individuals with FHS age, vocational training and employment support can help improve independence and employability, especially for those with mild cognitive impairments.

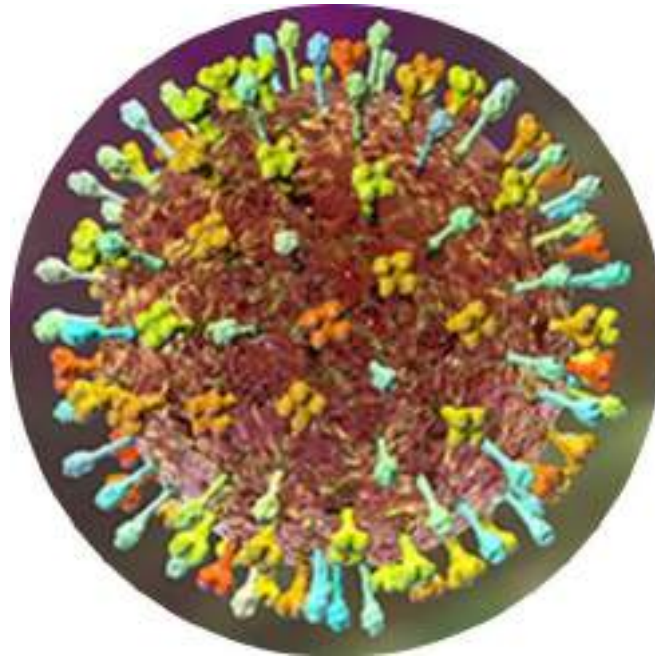
**Independent Living Skills:** Some individuals may benefit from programs designed to teach independent living skills, such as managing finances, cooking, and self-care, depending on the level of intellectual and physical ability.

**Adult Care and Support:** Ongoing care and support, including community programs, may be necessary for individuals with moderate or severe intellectual disabilities as they transition into adulthood.

## Conclusion:

While there is no cure for Floating Harbour Syndrome, comprehensive, multidisciplinary care can significantly improve the quality of life for individuals affected by the condition. Early intervention, consistent developmental support, and addressing specific medical and behavioral needs are key components in helping those with FHS reach their full potential. Families, healthcare providers, and educators should work closely together to create a personalized care plan tailored to the individual's needs and abilities.

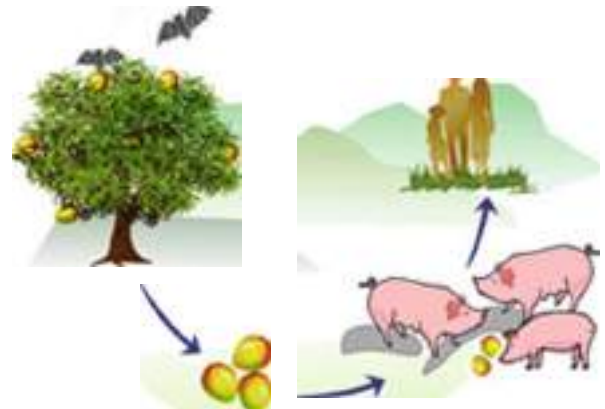
# Nipah Virus



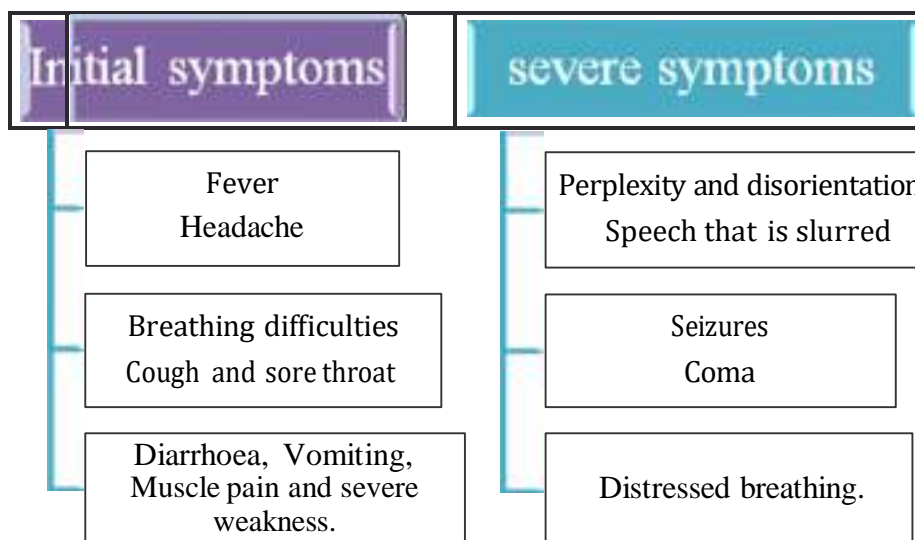
The Nipah virus is a zoonotic virus that spreads from animals to people affecting individual's health. Human-to-human transmission can occur through contaminated food or direct contact with an infected individual.

## Transmission:

It is mostly transmitted by fruit bats (also known as flying foxes), although it can also be transmitted by pigs and other animals such as goats, horses, dogs, or cats.



## Symptoms:



### 3. Diagnosis For Nipah Virus:

#### EARLY STAGES OF INFECTION

- Real-time polymerase chain reaction (RT-PCR) test can be conducted using various bodily fluids such as nasal or throat swabs, cerebrospinal fluid (CSF), urine samples, and blood samples to confirm the presence of the virus.

#### LATER STAGES OR AFTER RECOVERY

- Enzyme-linked immunosorbent assay (ELISA) to detect specific antibodies in the blood. For the diagnosis of the infection.

### Treatment Options For Nipah Virus:

Researchers are actively investigating the potential use of monoclonal antibody treatment for the Nipah virus as a subject of ongoing study.

### Prevention From The Nipah Virus



Refrain from contact with ailing pigs and bats.



Maintaining regular hand hygiene by washing hands frequently with soap and water.



Take caution regarding the consumption of potentially contaminated foods and beverages.

Strictly avoiding any contact with the blood or bodily fluids of an infected person.



Avoiding direct interaction with individuals known to be infected.

# Reiki Therapy

## What Is Reiki?

Reiki therapy is a way of guiding energy throughout the body to promote the recipient's self-healing abilities, according to the National Center for Complementary and Integrative Health (NCCIH).

The word "Reiki" is a combination of two Japanese words: "rei," which means "God's wisdoms or the higher powers" and "ki," which means "life force energy," according to the International Center for Reiki Training.



## Reiki therapy Some Reiki techniques

The techniques that Reiki involves have names such as:

- + centring
- + clearing
- + beaming
- + extracting harmful energies
- + infusing
- + smoothing and raking the aura

Some Reiki practitioners will use crystals and chakra healing wands to enable healing or protect a home from negative energy.

## Conditions that people have used Reiki to help treat include:

- + cancer
- + heart disease
- + anxiety
- + depression
- + chronic pain
- + infertility
- + neurodegenerative disorders
- + autism
- + Crohn's disease
- + fatigue

# Becoming a Reiki Practitioner

- + No prior training, education, or experience is necessary to enter the Reiki training or “attunement process.”
- + In this process, the Reiki master reportedly transfers the attunement energy and healing techniques to the student.

## Reiki training varies, but most students learn about:

- + The energies around the body
- + How to work with healing energy
- + The ethics of working with clients

## Is Reiki harmful?

- + Due to the non-contact nature of Reiki, this treatment is not harmful Trusted Source.
- + However, Reiki could lead to harm if people with serious health issues opt for this therapy and other complementary therapies instead of rigorously tested modern medicine.
- + A person using Reiki alongside other treatments is unlikely to encounter negative side effects.

Ms.Karthika,B.Sc(N),Tutor.

## Courses Offered

B.Sc. ( Nursing) - 4 years

DGNM - 3 years

Both Female & Male Candidates



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