SRM
TRICHY
COLLEGE OF NURSIN

Florals

NEWS LETTER

July - December 2024

SRM TRICHY COLLEGE OF NURSING

Floral Committee Members

For Private Circulation Only

Patron

Honourable Dr. R. Shivakumar, M.D. Ph.D.
Chairman
SRM Group of Institutions, Chennai - Ramapuram & Trichy

Honourable Mr. S. Niranjan, B.E., M.S (USA)
Co-Chairman
SRM Group of Institutions, Chennai - Ramapuram & Trichy

Advisory Board

Dr. N. Balasubramanian
Deputy Director
SRM Group of Institutions, Trichy

Dr. Suja Suresh
Principal
SRM Trichy College of Nursing, Trichy

Staff Editorial Board

Chief Editor

Mrs. Devi. K
Vice Principal, SRM Trichy College of Nursing

Associate Editor

Ms. Nishanthini R
Tutor, SRM Trichy College of Nursing

Assistant Editor

Ms. Petrina Angeline C
Tutor, SRM Trichy College of Nursing

Students Committee

Ms. Elakkiya N III Year B.Sc (N)
Ms. Praiselin III Year B.Sc (N)
Ms. Yalnee II Year B.Sc (N)

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

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 explor 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**

Inside This Issue...

- Unity In Motion, Excellence In Action – Annual Sports Meet
- Strong Minds Don't Bully – Anti Ragging Day
- Empowering Joints, Enriching Lives - World Arthritis Day
- Blood Donation: A Gift Of Life - World Blood Donor Day
- Illuminating Life With Diwali's Delight – Diwali Celebration
- Together We Inspire - Faculty Orientation Program
- Respond, Rescue And Revive – First Aid Day
- Healthy Mind, Healthy Life - World Mental Health Day
- Balanced Diet, Balanced Life – Nutrition Week
- Crafted With Courage, Shared With Love - Onam Celebration
- Faith. Festivity. Fulfillment – Pooja Celebration
- Detect Early, Treat Effectively - National Cancer Awareness Day
- Right Care, Right Time - Cne On Icu Bundle Care
- Empowering Voices , Enchancing Lives - Teachers Day
- Your Story Isn't Over Yet– World Suicide Prevention Day
- Savor The Flavor, Manage The Sugar - Diabetes Dietary Cooking Competition
- Healthy Habits, Happy Hearts –World Heart Day
- Recognize, Respond,Recover - World Stroke Day
- The Pinnacle Of Joy, The Zenith Of Fun – Zenith Carnival 2024

"Next-Gen Teaching: Engaging Learners Like Never Before"
Engage, Empower, Educate: New Teaching Trends In Nursing

Unity In Motion, Excellence In Action
Annual Sports Meet

The Annual Sports Meet at SRM Trichy College of Nursing transformed the campus into a vibrant arena of energy, teamwork, and competitive spirit, creating a platform where students celebrated fitness, friendship, and excellence through sports. The meet was featuring various team competitions such as Kabaddi, Basketball, and Volleyball. Students competed through four houses—Emerald, Sapphire, Amethyst, and Ruby—with all athletic events completed. The event successfully promoted a spirit of sportsmanship and passion for athletics among students.

Strong Minds Don't Bully - Anti Ragging Week

Anti-Ragging Week at SRM Trichy College of Nursing created a thoughtful platform for students to unite against bullying and uphold a culture of respect, safety, and inclusiveness on campus. The event was held with 158 students actively participating to promote a safe and supportive learning environment. The week featured various activities including a Slogan Competition and an attractive selfie point to spread awareness. Students also viewed a short film highlighting the harmful effects of ragging, encouraging empathy and responsible behavior. The week concluded with an Awareness Lecture which significantly enhanced anti-ragging awareness among all participants

Slogan Compettition / Selfie Point

Short Film/Guest Lecture on Anti Ragging

Empowering Joints, Enriching Lives - World Arthritis Day

World Arthritis Day at SRM Trichy College of Nursing served as a meaningful platform to highlight the importance of early joint care, inspiring individuals to take charge of their mobility and overall wellbeing through knowledge and awareness. The college celebrated the event with the goal of raising awareness on arthritis and educating orthopaedic patients about its management, prevention, and available treatments. The students led an engaging health talk, sharing valuable information to support patient understanding and self-care which was a success, effectively raising awareness with students finding the experience rewarding and expressing enthusiasm for future initiatives

Blood Donation: A Gift Of Life - World Blood Donor Day

Blood donation is one of the most powerful acts of humanity, where a simple contribution can save multiple lives and strengthen the spirit of community health. To honour this life-saving effort, SRM Trichy College of Nursing celebrated World Blood Donor Day at Echstupatti, Samayapuram, performing a skit on the importance of blood donation and discussion covering the process of blood donation, and the benefits of donating blood with the community showing full cooperation and enthusiasm throughout the event, gaining new knowledge and enjoying an impactful learning experience.

Illuminating Life With Diwali's Delight - Diwali Celebration

Diwali, the festival of lights, brings together the joy of new beginnings and the spirit of togetherness, reminding us that every spark of light has the power to dispel darkness and spread hope. SRM Trichy College of Nursing celebrated Diwali, organized by the Student Nurses' Association with enthusiasm, participating in various cultural performances that reflected the diversity and festivity of the occasion where everyone took a pledge to celebrate an eco-friendly Diwali, promoting sustainability and mindful celebration with cheerful participation.

Together We Inspire - Faculty Orientation Programme

A faculty orientation is more than an introduction—it is a catalyst for shared learning, innovation, and a collective commitment to academic excellence, enabling educators to grow while shaping future professionals which provided essential information to newly joined and integrated faculty focused on the college's vision, philosophy, and administrative procedures, including teaching strategies and campus facilities, and highlighted research opportunities, innovative pedagogy, crisis intervention, NAAC accreditation, and personnel challenges.

"Faculty Orientation Programme -2024

Date: 19.09.2024 & 20.09.2024 Time: 9.00 am – 5.00 pm Venue: Conference Hall

Respond, Rescue and Revive - First Aid Day

First aid awareness empowers communities to become first responders, turning knowledge into action when every second counts and saving lives through timely care which aimed to create public awareness on first aid with a skit demonstrating the importance of first aid, common medical emergencies such as choking and bleeding, and basic CPR techniques which was highly informative receiving highly positive feedback from all participants.

Healthy Mind, Healthy Life - World Mental Health Day

"Prioritize Mental Health In Workplace"

Mental health is the cornerstone of wellbeing, shaping how individuals think, connect, and work, and its promotion within learning environments empowers future professionals to care for themselves and others with empathy. SRM Trichy College of Nursing observed World Mental Health Day "Prioritize Mental Health in Workplace". The week-long event aimed to raise awareness of mental health among students and faculty through various interactive activities including a Gratitude Wall, guest lectures, mindful cooking, and poster competitions. The program equipped future nurses with essential skills to manage their own mental health as well as support the emotional wellbeing of their patients.

Displaying Gratitude Wall / Poster Competition

Mindful Cooking / Guest Lecture

Balanced Diet, Balanced Life - National Nutritional Week

Nutrition is the foundation of lifelong health, and educating young minds on mindful eating helps build a community that values wellness and informed food choices. SRM Trichy College of Nursing celebrated National Nutrition Week Which featured a range of interactive activities included a Health Screening Campaign, a joyful Fireless Cooking Competition promoting healthy and easy-to-prepare foods, Guest Lecture and a lively Whole Grains Food Expo, which was educational, engaging, and increased awareness about healthy eating practices among all participants.

Crafted With Courage, Shared With Love - Onam Celebration

The spirit of Onam blossomed across SRM Trichy College of Nursing like a festival woven with stories of culture, unity, and joy. What began as a simple gathering soon transformed into a celebration of togetherness, reaching its grand inauguration with vibrant tapestry of colors and traditions and captivating cultural dance performances. As the rhythms of the Chenda Melam echoed through the campus, the celebration reached its joyful crescendo, reminding everyone of the college's commitment to honoring India's proud heritage—crafted with courage, and shared with love.

Faith. Festivity. Fulfillment – Pooja Celebration

SRM Trichy College of Nursing embraced the grace of Basant Panchami by celebrating Saraswati Pooja, turning the campus into a sanctuary of devotion and joy which drawn by the spirit of reverence for the Goddess of Knowledge. The entire college bloomed with floral decorations, filling the surroundings with peace, fragrance, and positivity and voices echoing with gratitude and hope for wisdom and learning.

Detect Early, Treat Effectively - National Cancer Awareness Day

Cancer remains one of the most challenging health threats of our time, yet its impact can be drastically reduced through early detection, regular screenings, healthy lifestyle habits, and timely treatment. With this belief, SRM Trichy College of Nursing observed National Cancer Awareness Day, transforming awareness into a meaningful student-driven campaign a slogan contest which echoed the importance of recognizing warning signs early and acting without delay it was a reminder that knowledge is a tool of survival, and informed action can turn fear into empowerment, creating a future where early detection leads to effective treatment and healthier lives.

Report On Breast Cancer Awareness Programme

Breast cancer remains one of the most common cancers affecting women worldwide, yet early detection through regular screening and self-breast examination can significantly improve survival outcomes. With this purpose, SRM Trichy College of Nursing organized a Breast Cancer Awareness Programme turning education into outreach for the wider community which initiative aimed to assess the public's knowledge of breast cancer and self-breast examination while sharing awareness pamphlets to promote early detection practices ensuring that the learning continued even after the program which will help guide and strengthen future breast cancer awareness efforts, one informed step at a time.

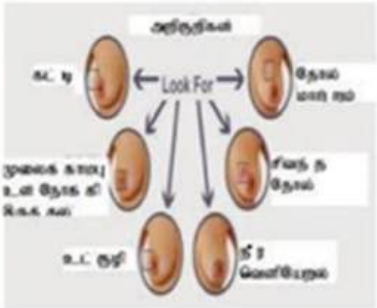
மார்பக புற்றுநோய்

மார்பக புற்றுநோய் என்பது மார்பகத்தில் உள்ள அசாதாரண செல்கள் கட்டுப்பாட்டை மீறி வளர்ந்து கட்டிகளை உருவாக்கும் போது ஏற்படும் ஒரு நோயாகும்.

மார்பக புற்றுநோயின் அபாயங்கள் மற்றும் காரணங்கள்

- அதிக எடை அல்லது பருமனாக இருப்பது,
- மது,
- முதுமை,
- குடும்ப வரலாறு மற்றும் பரம்பரை மரபணுக்கள்.
- ஆரம்ப மாதவிடாய்,
- நுல்லிபாரிட்டி (எப்போதும் பிறக்காத பெண்கள்),
- தாமதமாக மாதவிடாய்,
- தாய்ப்பால் இல்லாதது அல்லது 35 ஆண்டுகளுக்குப் பிறகு முதல் குழந்தையைப் பெற்றெடுப்பது.

மார்பக புற்றுநோயின் அறிகுறிகள்



மார்பக புற்றுநோய் கண்டறியும் ஆய்வுகள்

மேமோகிராம்

மார்பக பயாப்ஸி

சுய மார்பக பரிசோதனை

சுய மார்பக பரிசோதனை என்றால் என்ன?

20 வயதுக்கு மேற்பட்ட பெண்கள் மாதந்தோறும் மாதவிடாய் சுழற்சி முடிந்து ஒரு வாரத்திற்குப் பிறகு சுய மார்பகப் பரிசோதனையை மேற்கொள்ள வேண்டும். இந்த பரிசோதனையானது பெண்களுக்கு அவர்களின் மார்பகங்களின் நிலையை நன்கு புரிந்து கொள்ள உதவுவதோடு, கட்டிகள் அல்லது தோல் மாற்றங்கள் போன்ற மார்பகத்தில் ஏற்படும் மாற்றங்களைக் கண்டறிய உதவும்.

மார்பக புற்றுநோய் சிகிச்சை முறை

அறுவை சிகிச்சை கீமோதெரபி

கதிர்வீச்சு சிகிச்சை இலக்கு சிகிச்சை

மார்பக புற்றுநோய் தடுப்பு நடவடிக்கைகள்

மார்பக புற்றுநோய் தடுப்பு நடவடிக்கைகள்

- ஆரோக்கியமான உணவை உண்ணுதல்
- புகைபிடிப்பதையும் மது அருந்துவதையும் நிறுத்துவதன் மூலம்
- உடற்பயிற்சி செய்வதன் மூலம்
- ஹார்மோன் சிகிச்சை வரம்பு
- எடை கட்டுப்பாடு
- தாய்ப் பாலூட்டல்
- சுய மார்பக பரிசோதனை
- மாசு கட்டுப்பாடு

கட்டாயம் தெரிந்து கொள்ள வேண்டியவை

- ஒவ்வொரு மாதமும் சுய மார்பக பரிசோதனை
- அனைத்து கட்டிகளும் புற்றுநோய் அல்ல
- மேமோகிராம் 2 - 3 வருடங்களுக்கு ஒரு முறை

SRM TRICHY COLLEGE OF NURSING

IRUNGALUR, TRICHY

மார்பக புற்றுநோய் விழிப்புணர்வு

Right Care, Right Time - Continuing Nursing Education On ICU Bundle Care

ICU Bundle Care is a set of proven medical practices used together to protect critically ill patients—helping prevent infections, reduce complications, and improve recovery. To strengthen this important clinical skill, SRM Trichy College of Nursing organized an Inhouse Continuing Nursing Education program with inspiring talks through simple case examples and interactive discussions which renewed confidence among participants—ready to deliver the right care at the right time for every patient in need.

Empowering Voices , Enchancing Lives - Teacher's Day Clebration

Teachers' Day is a tribute to the guiding force who shape knowledge into purpose and inspire students to reach their highest potential. With this spirit, the Student Nursing Association of SRM Trichy College of Nursing celebrated Teachers' Day, filling the hall with gratitude and admiration. Students expressed their appreciation through heartfelt speeches, fun activities, and joyful moments that strengthened the bond between teachers and learners which beautifully highlighted the invaluable role teachers play in molding future healthcare professionals and enriching the lives they touch every day.

Your Story Isn't Over Yet - World Suicide Prevention Day

World Suicide Prevention Day reminds us that every life holds value, and early support can change someone's story. To spread this message, SRM Trichy College of Nursing organized a guest lecture aimed at empowering future nurses to recognize warning signs and offer timely help with a powerful session on the growing concern of suicide, interactive discussion on understanding of the vital role in saving lives which reminded everyone that a listening ear and compassionate care can help someone realize—their story isn't over yet

Savor The Flavor, Manage The Sugar - Diabetes Dietary Cooking Competition

Diabetes is one of the fastest-growing health challenges, and a balanced diet is one of the most powerful tools to manage blood sugar and prevent complications. With this goal, SRM Trichy College of Nursing organized a Diabetes Dietary Cooking Competition to raise awareness on healthy eating habits among nursing students which encouraged participants to present nutritious meals that showed how food can be both delicious and diabetic-friendly proving that healthy food can still be full of flavor with valuable learning—when we choose the right food, we choose better health.

Healthy Habits, Happy Hearts - World Heart Day Screening Program

Heart disease remains one of the leading causes of death worldwide, yet many risk factors can be prevented through simple lifestyle habits. To spread this message, SRM Trichy College of Nursing organized a World Heart Day Screening Program at Edangimangalam, Vellanur, bringing heart health awareness directly to the community which encouraged people to understand their own health through screenings including blood pressure, height, and weight checks and a health talk which explained the causes, signs, and simple management of hypertension, helping participants see how small lifestyle changes can protect the heart..

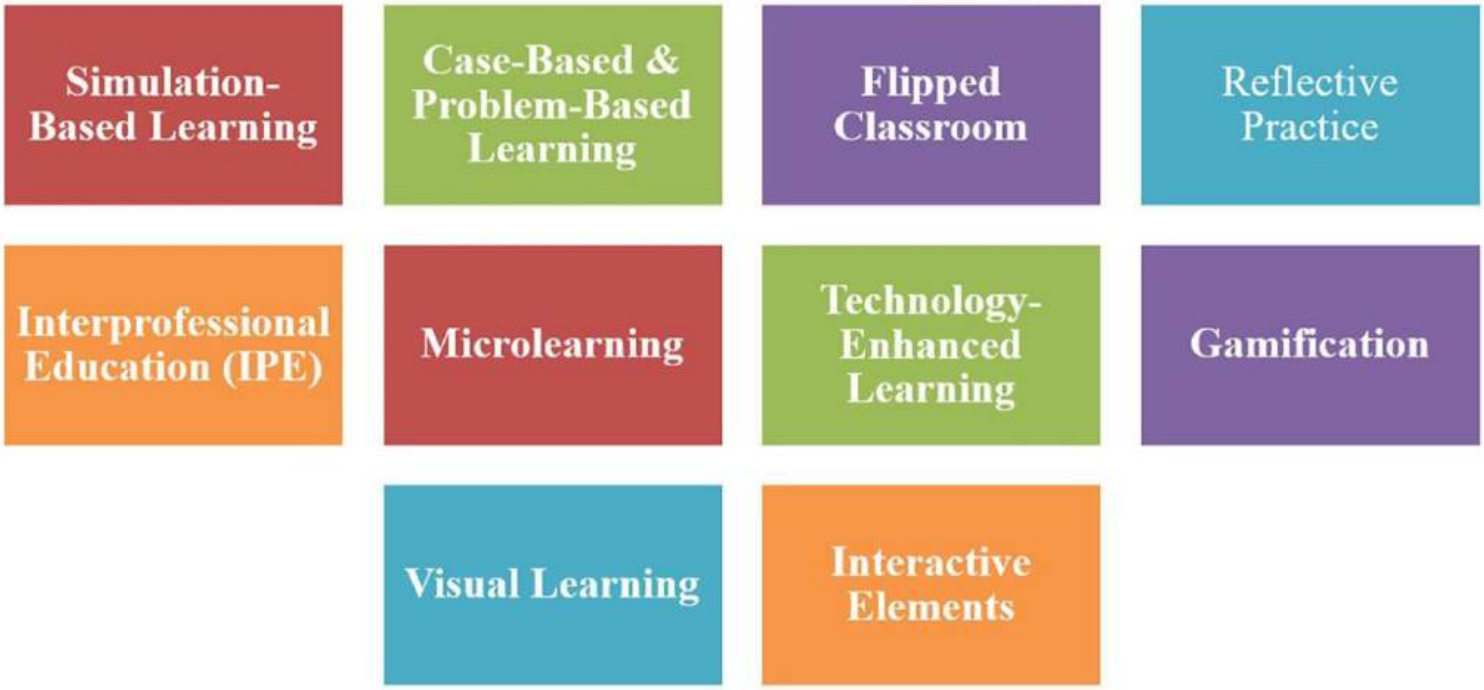
Recognize, Respond,Recover - World Stroke Day

Stroke is one of the world's leading medical emergencies, yet most strokes can be prevented and treated when warning signs are recognized early. To highlight this message, SRM Trichy College of Nursing observed World Stroke Day through an engaging panel discussion on the theme "Greater Than Stroke: Active Challenges." and sharing insights on stroke risk factors, early symptoms, and emergency responses which created an interactive learning atmosphere, encouraging future nurses to think critically about the importance of timely care.

The Pinnacle Of Joy, The Zenith of Fun - Zenith Carnival

Carnivals are a celebration of creativity, energy, and community spirit—a place where talents shine, laughter echoes, and memories are made. True to this spirit, SRM Trichy College of Nursing hosted the Zenith Carnival, organized by the Student Nurses Association (SNA), bringing together students and faculty for a day full of excitement and fun. The campus came alive with 15 vibrant events, including Solo Dance, Mime, Mahanadi, Hair Do, Wealth out of Waste, and Calligraphy and delicious treats, making the carnival a truly magical experience.

Next-Gen Teaching: Engaging Learners Like Never Before"
Engage, Empower, Educate: New Teaching Trends in Nursing"



Simulation-Based Learning

Using high-fidelity mannequins and virtual reality, simulation offers a realistic, risk-free environment to practice clinical skills, decision-making, and teamwork. This hands-on approach builds confidence and competence.

Flipped Classroom

In this model, learners study theoretical content independently—through videos or readings—while in-class time is dedicated to interactive activities, discussions, and skills practice. This promotes active learning and deeper understanding.

Case-Based & Problem-Based Learning

Learners analyze real or hypothetical clinical cases to develop critical thinking, clinical reasoning, and problem-solving skills. This method bridges theory and practice effectively.

Microlearning

Use real-life clinical cases or narratives.
Connects theory to practice and fosters empathy.
Example: Share a nurse's journey managing a complex patient scenario.

Interprofessional Education (IPE)

Collaborative learning with students from other healthcare professions fosters communication, teamwork, and holistic patient care.

Technology-Enhanced Learning

Incorporating apps, podcasts, videos, and online platforms caters to different learning styles and provides flexibility.

Reflective Practice

Encouraging learners to reflect on clinical experiences enhances self-awareness, critical thinking, and continuous professional development.
Example: "Think of a recent patient encounter—how would you apply this knowledge?"

Interactive Elements

Incorporate quizzes, polls, or reflective questions.
Actively involves readers and assesses understanding.
Example: "What's your approach?" multiple-choice clinical decisions.

Visual Learning

Use info graphics, charts, and images.
Simplifies complex data and appeals to visual learners.
Example: Flowchart of a sepsis protocol

Gamification

Include challenges or badges to motivate participation.
Encourages ongoing learning and friendly competition.
Example: "Complete 3 newsletters quizzes to earn a 'Patient Safety Champion' badge."

Ms. C. Keerthana M.Sc(N).,
Nursing Tutor, SRMTCON.

Courses Offered

B.Sc. (Nursing) - 4 years
DGNM - 3 years
Both Female & Male Candidates

SRM Nagar, Near Samayapuram, Tiruchirappalli – 621 105
Phone : 0431 -2258501 & 8503
Mobile : + 91 9585 228600
Email : principal@nc.srmtrichy.edu.in, principal@ncsrmt.edu.in
website : https://nc.srmtrichy.edu.in/