

# THE APERTURE



**Biannual newsletter of KIMS College of Nursing**



## Other articles in this issue

E-Academics  
Curricular &  
Cocurricular activities

## Who we are?

### Article by Editorial Board

2020 probably could be heralded as the year of the challenger. The success in a war depends on the strategy. Strategy is to anticipate, observe, learn, plan, perform and improve. COVID the challenger was met head-on by KIMS College of Nursing. Although inexperienced, the grit and determination taught us to rise and meet the challenge. Community outreach programmes and welfare activities and services embedded in our college. As such heeding to the call Of Kerala Chief

Minister, the hostel facility was opened as a quarantine centre. We did innovate and we embraced the virtual communication to continue with teaching and interacting with students and authorities. The motivated faculties became the change leaders by embracing change and building content for virtual classrooms. The faculty even conducted on-line exams. We build our administrative team to ensure that the present and future would have what is needed to seek admission and get the latest of what we do in college and communicate with college. We expanded our interplay with digital communication by maximizing the use of virtual platforms. Did we stop investing? No, the Alumni's have also taken a keen interest in investing for the education of the underprivileged students. We are investing in the future so that when we meet the future we are ahead of others at that time. Is it easy, is it cheap? Nothing is easy and cheap. Making the right moves, doing the right things, investing judiciously could tilt the balance in favour of the challenged. Who we are? We are **KIMS College of Nursing** -leader for future Nurses.



# Obituary



We are very sorry to hear the demise of **Prof. A Joseph** on 19th April 2021. He was the smartest and wisest teacher we met right from the inception of KIMS College of Nursing. We have lost a truly great man and we hold onto the warm and wonderful memories. It was such a bliss. On behalf of KIMS College of Nursing we pay tribute to this great soul with whom we got chance to live with and always try to follow the footprints laid down by him.

**Heartfelt Condolences Sir!!!!**

KIMS COLLEGE OF NURSING, THIRUVANANTHAPURAM IS A PIONEER INSTITUTE IN NURSING, HAD ITS ORIGIN IN 2006 WITH AN AIM OF CREATING COMPETENT NURSES. THE COLLEGE IS RECOGNIZED BY INC, KNMC & IS AFFILIATED TO THE KERALA UNIVERSITY OF HEALTH SCIENCES.



## Our Inspirer



“

*The e-newsletter was proof that with the right motivation, students & faculties can pull off major events at a short notice.*



# ***Obituary***



***Mr. Ashraf O***  
***DOD: 26.01.2021***  
***F/O Ajmiya Ashraf***  
***First Year BSc(N)***  
***2020- 2024***



***Mr. Varghese THomas***  
***DOD: 07.03.2021***  
***F/O Jesmi Varghese***  
***First Year BSc(N)***  
***2020- 2024***

***Heartfelt Condolences Dear Parent !!!!!***





# COLLEGE INSIGHTS



## IN THIS ISSUE

LETTER FROM THE  
PRINCIPAL

COVID- ALBUM  
WELFARE ACTIVITIES

RESEARCH &  
PUBLICATIONS

VACCINATION DRIVE



## Message

Inspired by great visionaries I took the task of providing the garden of KIMS College of Nursing to nurture student nurse, and today it gives us immense pleasure and joy to learn that these tender buds are going to release the " **The montage of our souls- The Aperture**" the third issue of e-newsletter. My hearty congratulations to the editorial board and faculties for their enthusiastic tireless efforts in bringing out this newsletter, in the midst of COVID.

I hope that with continued endeavour they will make further ventures to reshape and mould the field of nursing.

Best Wishes

Dr. Susan Jose

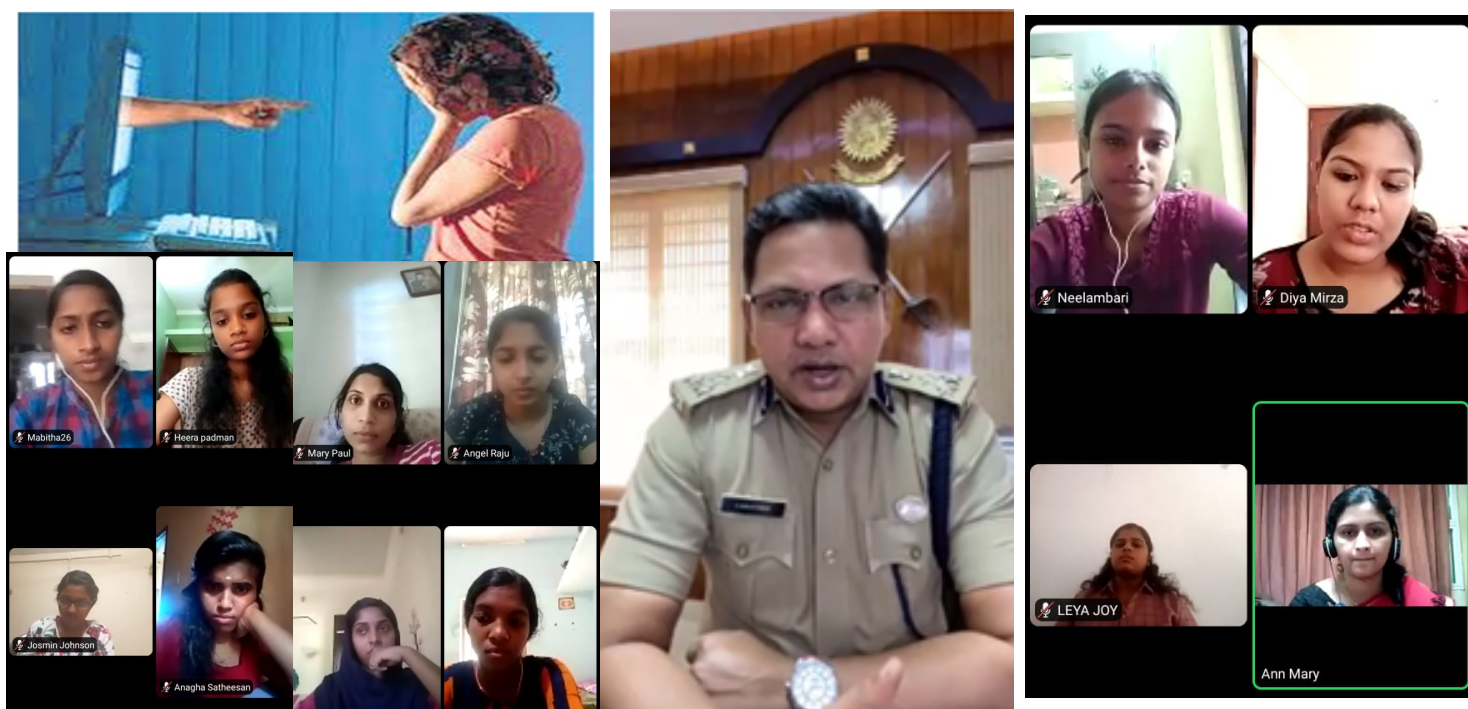
Principal



## INDUCTION PROGRAMME

The Induction program for 15th batch BSc Nursing course was conducted virtually from 18th January 2021 to 22nd January 2021 through Zoom platform. All 70 students attended the sessions.

### A SESSION ON CYBER CRIME



KIMS CON SNA unit organised a virtual session on Cyber Crime. The session was handled by Mr. K. Sanjay Kumar Gurudin, IPS, Deputy Inspector General of Police, Trivandrum range on cyber crimes.

### E-quiz on Nurses Day

KIMS CON SNA Unit organised an e-quiz on International Nurses day through Google Form. 280 students were participated. Ms. Tintu Bagged first Prize.



#### Kims College Of Nursing SNA Arts Fest 2021



#### Nurses Day Celebration 2021

E quiz on : 'A Voice To Lead A  
Vision For Future Healthcare'

Time : 4.30 to 5.30 pm

Date : 12 th May 2021

Platform : Google form

Winners will be awarded with e certificate

Link will be provided on 12 th May ,  
at 4 . 30 pm



# college Union Election 2021



Kims college of Nursing, Tvm

**CHAIRPERSON VICE CHAIRPERSON**



Mr. Chandanu D  
IV BSc (N)



Mr. Sooraj S  
III BSc (N)



Ms. Joanna Sunny  
IV BSc (N)

**GENERAL SECRETARY**

**JOINT SECRETARY**

**UNIVERSITY UNION COUNSELLORS (UG)**



Ms. Cleona Cizzin Mathew  
III BSc (N)



Mr. Pranav P  
II BSc (N)



Ms. Riya Rajan  
IV BSc (N)

**SECRETARY FINEARTS**

**STUDENT EDITOR OF COLLEGE MAGAZINE**

**SECRETARY SPORTS AND GAMES**



Ms. Varsha Vijayakumar  
III BSc (N)



Ms. Jayalakshmi J R  
II BSc (N)



Mr. Ananthapadmanabhan H  
II BSc (N)

**SECRETARIES OF VARIOUS COLLEGE ASSOCIATIONS**



Ms. Aswathy Suresh  
IV BSc (N)

# college Union Election 2021



Kims college of Nursing, Tvm

**STUDENT REPRESENTATIVES**



Ms. Amritha S  
IV BSc (N)



Ms. Sneha Kanakan B  
III BSc (N)



Ms. Riya  
II BSc (N)



Ms. Aparna R S  
I BSc (N)



Ms. Neethu Krishna S S  
II PCBSc (N)



Ms. Swathy K S  
I MSc (N)

**KIMS College of Nursing has conducted a University Union Election on 17th of April 2021 at Multi Purpose Hall.**





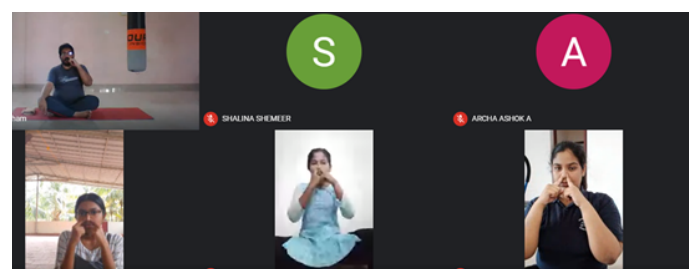
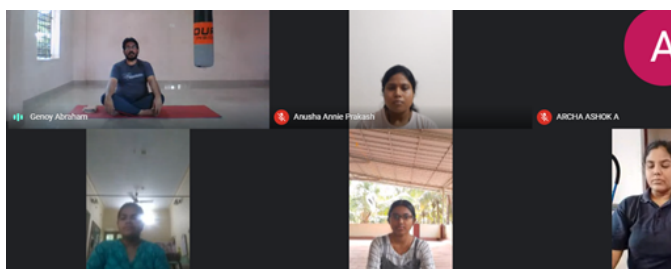
## World Environment Day

*5th June 2021 -virtual photography contest  
"Vazhikkatti".*



*The NSS & SNA Unit of KIMS College of Nursing celebrated world environment day in the college premises on 5th June 2021 by planting a Jackfruit seedling and conducted a virtual photography contest- "Vazhikkatti" .*

## International Yoga Day



Yoga is an ancient meditative technique that cleanses, heals and harmonises the body from the core. KIMS College of Nursing conducted a virtual yoga awareness campaign on 21/06/2021, on observance of International Yoga Day 2021 via Google meet. The session was conducted by Mr. Genoy Abraham, Yoga and Meditation Trainer Psychological Counsellor, who is so eminent in conducting the sessions.

# What are we proud of?

**PROUD  
OF WHAT  
WE DO**



Token of appreciation by KIMSHEALTH Management to Mrs. Nimmy P S, Associate Professor, KIMSHEALTH for organizing and coordinated "Mom Soon Fashion show" on international womens day - March 8th 2021.



**CONGRATULATIONS  
TO THE WINNERS AND  
PARTICIPANTS OF  
KAVACHAM  
IMMUNIZATION QUIZ  
(IAP & NHM,  
THIRUVANANTHAPURAM)  
OUT OF MORE THAN  
400 PARTICIPANTS,  
MS. ANIJA MAMACHAN  
(4TH YEAR BSC NURSING)  
AND  
MS. FATHIMA HASHIM  
(4TH YEAR BSC NURSING)  
SECURED 2ND & 3RD  
RANK RESPECTIVELY**



## Together let us defeat COVID 19



**KIMS CON  
FACULTIES  
PARTICIPATED IN  
COVID  
VACCINATION  
DRIVE AS  
VACCINATION  
OFFICER 2 @  
KIMSHEALTH.**



## OUR FACULTIES IN VACCINATION DRIVE

Distributing 100 note books, pen , pencil & study stationaries to financially poor children @ Mangalapuram panchayath.





# Faculty Research Innovations & Publications

## Post COVID Symptoms among Employees in a Tertiary Care Centre

**Dr. Susan Jose**  
Ph. D, M.Sc. Nursing,  
Principal & HOD,  
Dept of Medical –Surgical Nursing,

**Prof. Jessy Thomas,**  
Vice Principal, HOD,  
Dept: of Child Health Nursing,

**Mrs. Stalin Lyse & Mrs. Sari S Karun**  
Associate Professor,  
Dept of Medical –Surgical Nursing

**Mr. Joshy AN**  
Associate Professor,  
Dept of Psychiatric Nursing

**Mrs. Archa Vijayan,**  
Lecturer,  
Dept of Medical –Surgical Nursing



### Abstract

The present study was conducted to assess the Post COVID symptoms among employees in a tertiary care centre, Thiruvananthapuram. The objectives of the study were to assess the Post COVID symptoms among employees and to find the association of Post COVID symptoms with selected socio personal and clinical variables. Non-experimental retrospective study design was used for the study. 130 employees who tested positive for COVID-19 by RTPCR or antigen assay in KIMSHEALTH, Thiruvananthapuram and who satisfied the inclusion criteria during the period from July 2020 to 31st December 2020 were participated in the study by purposive sampling technique. Self reported questionnaire to assess sociopersonal variables and clinical variables and Post COVID Symptom Assessment Checklist consisting of 27 questions to assess the Post COVID symptoms among employees were administered via Google forms. The study findings showed that among the study participants in systemic symptoms, 23.8% had fever, 59.2% had fatigue and 40% had sleep disturbance during the first month of infection. In respiratory system, 24.6% had difficulty in breathing, 31.5% had dyspnea on exertion and 23.8% had nasal congestion /runny nose, 30.8% had sore throat /throat pain, 25.4% had cough. In cardio vascular system 8.5% had chest pain and 19.2% had palpitation. Regarding gastrointestinal symptoms, 13.8% had nausea, 6.2% had vomiting, 16.2% had heart burn/gastritis and 10.8% had diarrhea and in central nervous system symptoms, 46.9% had headache, 9.2% had mental confusion 18.5% had anxiety/distress. Considering the musculoskeletal symptoms 46.2% had body ache, 42.3% had joint pain and 31.5% had muscle weakness. In sensory symptoms majority (44.6%) had loss of taste, 46.9% had loss of smell and 6.9% had blurred vision. Regarding genitourinary symptoms, 4% had decreased urine output, 9.2% had excessive discharge from genitalia. In Integumentary symptoms 4.65% had skin rashes during 3-6 months and 3.1% had other symptoms during the first month. There was statistically significant association between post COVID symptoms with selected socio personal variables and clinical variables

## Faculty of KIMSCON have undertaken various certificate courses during the last academic year 2020- 2021

• PROF. JESSY THOMAS -	YOUNG ADULTS GUIDANCE COUNSELLING CAPACITY BUILDING OF MIDWIFERY FACULTY
• MRS. SHERINE SARA KOSHY	CERTIFICATE OF RESEARCH & METHODOLOGY CAPACITY BUILDING OF MIDWIFERY FACULTY
• MRS. ANN MARY OOMMEN	MOODLE
• MRS. NIMMY P S	MEDICATION MANAGEMENT UNDER QIC MOODLE
• MRS. STALIN LYSE	CONTINUOUS QUALITY IMPROVEMENT UNDER QIC
• MRS. LINU JOHN	CAPACITY BUILDING OF MIDWIFERY FACULTY
• MS. ARYALEKSHMI BALU	REFRESHER COURSE ON MEDICAL EDUCATION TECHNOLOGY

## COVID-Album-Synergy

KIMSCON SNA, NSS & Alumni Unit has released an album "**SYNERGY – WORKING TOGETHER**" Health promotion social and welfare initiatives dedicated to KIMS Management, staffs and Nursing Fraternity.



# Eco Friendly Campus





# OUR TEAM - KUHS INSPECTION





## Upcoming Events

Vaccination Drive

Lamp Lighting Ceremony

Breast Feeding Week

Independence Day Celebrations

Vigilance Awareness week- Essay Writing

World Diabetes Day

Antibiotic Awareness Week

World AIDS Day

Anti Ragging Poster Competition

Virtual Onam Photography Contest

Inauguration of Bamboo Park

CNE







# **KIMS COLLEGE OF NURSING**

(Affiliated to Kerala University of Health Sciences)

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**Courses Offered: BSc(N) , PBBSc(N) & MSc(N)**