



THE APERTURE

Biannual Newsletter - KIMS COLLEGE OF NURSING



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 Mentors



Dr. M I Sahadulla
Group Chairman and Managing Director
KIMSHEALTH



Dr. Zuhara P M
Chief Coordinator
Emergency Family Medicine &
Pharmacy
KIMSHEALTH



Dr. Sheriff Sahadulla
Group CEO
KIMSHEALTH



Prof. Dr. G Vijayaraghavan
Vice Chairman
Director Medical Services
KIMSHEALTH



Mr. E M Najeeb
Executive Director
KIMSHEALTH



Dr. Saffia P M
Vice Dean - Academics
KIMSHEALTH



Prof. A. Joseph
Director, Academics
KIMSHEALTH



A MESSAGE FROM EDITOR

"Education is not the learning of facts ,but the training of minds to think "

Albert Einstein

Dear all,

I am extremely delighted for the first edition of our newsletter.

"Action speak louder and clearer than words"

Education has its worth when it includes the purpose of imparting students the care , values of confidence, conviction and character. It is a team effort and my heartiest congratulations to all faculties and students for their sincere efforts for the success of the college venture.

With Regards,

Prof. Jessy Thomas
HOD -CHILD HEALTH NURSING
KIMSCON





A MESSAGE FROM THE PATRON

From her desk.....

We are facing truly unprecedented circumstances. First and foremost,our hearts go out to anyone who's been impacted by the virus,either directly or indirectly. Furthermore I wish to place my respect and appreciation ,their families and people around the world, who are on the frontlines of providing healthcare and public service.

We are pleased to publish our First edition of KIMSCON newsletter- a reflection on the welfare activities and accomplishments. We acknowledge the time constraints and the many news sources that vie for your attention, so we offer a brief look at each story as well as the opportunity to click on an item to get more information.

We value your staying linked to us and I hope this electronic newsletter is just another means for you to keep in touch with the latest news, info, and inspirational stories including COVID News.

We have much to look forward to!

Thank you for taking the time to read and give us your thoughts!

Visit us .www.kimscon.com

Warm regards,

Dr. Susan Jose

Principal/ KIMSCON





Chief Editors Cut



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Hello all,

Its a great feeling to pen down a message towards my beloved profession, students and KIMS College of Nursing on behalf of the first biannual releasing ceremony of newsletter "The Aperture".

.....The Aperture is not just a newsletter, but the collection of journey as a whole educational and cocurricular activities of student as well as our faculties of KIMS College of Nursing. Our aim is to enhance the content of aperture by improving its utility and accessibility among KIMSHEALTH & KIMSCON family.....



Mrs.Nimmy P S
Assistant Professor
SNAAdvisor
KIMS CON



Obituary



Heartfelt Condolences Dear Parent !!!!!



Mr. Suresh Kumar V S
DOD: 25.11.2019
F/O Devika Suresh
First Year BSc(N)
2018- 2022



Mr. Jayakumar
DOD: 10.01.2019
F/O Jayalakshmi J S
First Year BSc(N)
2016- 2020





College News

Awareness session for students



Awareness session for Parents



Ms. Aswathy O, Lecturer gave an awareness programme on covid for parents on 8th January 2020 during parents meeting.

WHAT'S IN THIS ISSUE:

- COVID Welfare Activities
- Educational Activities
- Upcoming Events



Flash Mob on Hand Hygiene

A practice session on hand washing techniques was performed by IInd year Bsc Nursing in the form of dance on 18th January 2020





Community Outreach Programmes & Health Camp

Conducted a session for the public on 05/02/2020 at Mangalapuram PHC



KIMS College of nursing SNA unit organized a health camp and awareness campaign on corona infection for the public on 08/02/2020 at Karichara Anganwadi



COVID -social welfare activities

As a supporting hand to aid the needy people ,KIMS SNA unit has handed over 100 Cloth masks and 20 hand sanitizers to the Circle Inspector of police Mr.Vinod Kumar and his team members of Mangalapuram police station.



KIMS College of nursing handed over 25 grocery kits and 500 mask to the Mangalapuram Panchayat President Mr. Madhusoodhanan Pillai.



Battling COVID 19 -Helping Hands of KIMSCON

KIMS College of nursing distributed 25 Grocery KITS to the needy people residing nearby our campus. Dr.Susan Jose , Principal handed over 300 masks to Mangalapuram Panchayat and distributed 100 mask to Thonnakkal village.



FINANCIAL AID FOR POOR FAMILY



KIMS College of nursing Alumni Association collected Covid 19 relief fund to provide necessary amenities for the poor families residing at Thonnakkal village. As a supporting hand to aid the needy people: the ward member Mr. Sudheesh Kumar along with the College representatives handed over the grocery kits, masks and financial support to two Cancer patients.



Invited Talks @ KIMSCON

LEADERSHIP TRAINING PROGRAMME A WAY TO SUCCESS

KIMS College of nursing SNA unit and Alumni Association has conducted a leadership training programme 'A way to success' at multipurpose hall from 9:00 am - 4:15pm. The session was organized by Mr. Murugan R, MSc MBA (HR), JCI Trainer, JCI University St. Louis, USA. Students from 4th Year BSc(N), 1st Year BSc(N), 1st Year and 2nd Year MSc(N) participated in this programme.



PERSONALITY DEVELOPMENT PROGRAMME



One day personality grooming programme was organized by KIMS College of nursing ,Multipurpose Hall. Mr. Nidhin Krishna, Personality Development Trainer and NLP practitioner lead the session.

ANTI RAGGING AWARENESS SESSION

KIMS College of nursing Anti Ragging cell organized an anti ragging awareness session by the legal Advisor, Adv. Pradeep. An anti-ragging poster competition was held on the same day . Ms.Archa Ashok, First Year BSc(N) bagged First Prize





CONQUERING HEROES.....

Sketches On Story of Covid- Defence by Mr. Sooraj.PBBSc N



കേരളത്തിന്റെ കോവിഡ് പ്രതിരോധം; സുരജിന്റെ ചിത്രങ്ങൾ കഥ പറയും കൊവിഡിനെ തടയാൻ ശ്രമിക്കുന്ന ആരോഗ്യ പ്രവർത്തകരും ആളുകളെ പുറത്തിറങ്ങാതെ തടയുന്ന പൊലീസും. ഇതാണ് ശ്രദ്ധേയമായ ഒരു ചിത്രം.

Mr. Sooraj PBBSc nursing student of KIMS has encapsulated the advisory story of COVID defenses in a series of pencil drawing released on News 18 channel and in Facebook on April 14th.



WORLD CANCER DAY CELEBRATIONS -2020



KIMS CON and KIMS Cancer Centre organized a marathon on behalf of "World Cancer Day" awareness programme on 4th February 2020 at Manaveeyam Veedhi, Vellayambalam.





Best Practices & Innovations @ KIMSCON

ECO FRIENDLY & PLASTIC FREE CAMPUS



INITIATION OF SOLAR PANELING



Blood Donation Camp @ KIMSCON

Throw Ball Team KIMSCON



Slow & Advanced Learners programme @ KIMSCON

KIMSCON started a new learning methodology for slow learners and advanced learners. This programme aims to identify the slow learners and advanced learners from each year and also ensure that they are taken care as per their needs and help them out for improvement in their academics



Happy Retirement Teacher

Prof. Graceamma Joseph, Vice Principal, has been retired from KIMSCON family after her 15 years of excellence in the field of teaching profession.



Madam was responsible for shaping the lives of our students and her dedication lives selflessly towards this noble duty. She had an undeniable influence in the field of nursing as we have reached our goals and dreams through her guidance and encouragement. We must acknowledge her outstanding service towards us and express our gratitude towards her especially when she retire from this honourable profession.

OUR TEAM





Academic Insights



MANDATED RESEARCH WORK

Research Activities

Studies conducted by our UG and PG students

- Knowledge regarding healthy eating habits among young adults.
- Knowledge regarding road safety measures among adolescents in a selected school, Thiruvananthapuram.
- Knowledge regarding prevention and first aid management of foreign body aspiration among caregivers of toddlers.
- Knowledge regarding post menopausal problems among perimenopausal.
- Knowledge regarding home care management of patients with chronic liver disease.
- Knowledge regarding pubertal changes among adolescent girls.
- Knowledge regarding pelvic floor exercise (kegel's) in preventing urinary incontinence among post natal mothers.
- Knowledge regarding prevention and management of obesity among housewives.
- Knowledge and attitude regarding healthy practices among antenatal mothers.
- Knowledge regarding pulmonary rehabilitation among COPD patients.

Continuing Nursing Education Programme (CNE)

Regular CNE Programmes are conducted in College of nursing to update the knowledge of faculty

Journal Club & Exhibition, PG & UG students

Journal club & Exhibition was conducted by 1 year MSc (N) and IVth year B.Sc (N) students



Academic Toppers



Ms. Semi James
(Distinction – I year B.Sc (N)
2018-2022 batch)



Ms. Mahima K Suju
(Distinction – I year B.Sc (N)
2018-2022 batch)



Ms. Sneha Alex
(Distinction – I year B.Sc (N)
2018-2022 batch)



Ms. Kesia Paul
(Distinction – II year B.Sc (N)
2017-2021 batch)



Ms. Aiswarya S Nair
(Distinction – II year B.Sc (N)
2017-2021 batch)



Ms. Ruby P Roy
(Distinction – II year B.Sc (N)
2017-2021 batch)



Ms. Anija Mamachan
(Distinction – III year B.Sc (N)
2016-2020 batch)



Academic Coordination Committee will be held in all weekends.



Faculty meeting will be conducted every month.



All committee meeting will be conducted twice in a year.

College Committees

Upcoming Events

Nursing College & Paramedical Coordinating Committee	Guidance & Counselling Committee
Anti-Ragging Committee	Student Welfare /Grievance Committee/ Internal complaints committee
IQAC	Research Committee
General PTA	Institution Review Board
Academic/ Curriculum Committee	NSS & SNA
Faculty Coordination Committee / Monthly faculty Committee	Committee against Cybercrime
Disciplinary Committee	College Council
Library Committee	Committee against Caste discrimination
Hostel Committee/Hostel Monitoring Committee	Student support guidance cell
Anti - Narcotic Club	Safety committee

- Release of COVID Album - "Synergy"
- National & state level Webinar
- E- Quiz
- Poster Competitions
- Health Awareness Days
- Health Education
- Fund Raising Events
- Inauguration Of New Sports Ground
- Literary Events
- Role Play
- Short Film Release
- Organic Farming
- E- newsletter Release
- Exhibitions



KIMS COLLEGE OF NURSING

(Affiliated to Kerala University of Health Sciences)

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