



THE APERTURE

Biannual newsletter of 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



APERTURE 2025

Dear Readers,

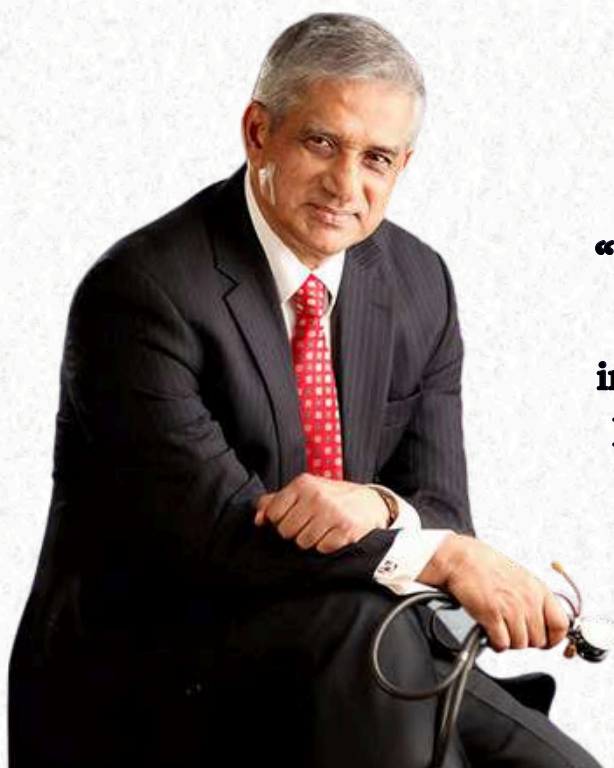
With great enthusiasm and pride, we present to you Aperture 2025, Volume 1, Issue 11. This edition marks yet another step in our journey of intellectual growth, creativity, and expression. As we turn the pages of this issue, we celebrate the voices, thoughts, and ideas that make our college community vibrant and inspiring.

Our heartfelt gratitude goes to all our Directors, Dean, Asst. Dean, students and faculties who continue to shape Aperture into a platform of knowledge and innovation. Your dedication and passion fuel our mission to inform, engage, and inspire.

We hope this issue sparks curiosity, ignites discussions, and serves as a reflection of the dynamic spirit of our institution. May Aperture 2025 continue to be a guiding light for expression, creativity, and academic excellence.

Wishing you all an insightful and enriching reading experience!

Warm regards,
The Editorial Board



DR. M I SAHADULLA
CHAIRMAN AND MANAGING DIRECTOR
KIMSHEALTH & KIMSHEALTH EDUCATION AND
RESEARCH FOUNDATION

**“QUALITY IN EVERYTHING WE DO
KIMSHEALTH Group has been
instrumental in revolutionizing the art of
health care delivery through its Quality
focused systems and Practices.”**



DR. ZUHARA P M
DIRECTOR KIMSHEALTH EDUCATION AND
RESEARCH FOUNDATION



DR. SAFFIA P M
DEAN ACADEMICS
KIMSHEALTH



Dr. Susan Jose
Principal
KIMSCON

Greetings,

Let me express my utmost sincere words of gratefulness to the Almighty GOD for making us as a team to strive the hardest part of the complex life in this planet earth.

It gives me immense pleasure to extend my heartfelt greetings as we unveil Aperture 2025, Volume 1, Issue 11. This newsletter is a reflection of the creativity, intellect, and dedication that thrive within our college community. Each edition serves as a testament to the hard work and passion of our students and faculty, who continue to contribute their thoughts, ideas, and insights.

Aperture is more than just a newsletter; it is a platform for expression, learning, and innovation. It nurtures young minds, fosters meaningful discussions, and captures the vibrant spirit of our institution. I congratulate the editorial team and all contributors for their relentless efforts in bringing this edition to life.

May this issue inspire, inform, and encourage everyone to strive for excellence in all pursuits. Wishing you all an enlightening and enjoyable reading experience!

Warm regards
Best Wishes



Prof. Jessie Thomas
Vice Principal
KIMSCON

Dear Students, Faculty, and Staff,

It is with great pride and joy that I extend my warmest greetings to you all as we present Aperture 2025, Volume 1, Issue 11. This newsletter stands as a beacon of knowledge, creativity, and expression, showcasing the remarkable talents and ideas of our college community.

Every edition of Aperture reflects the dedication and enthusiasm of our students and faculty, who continue to make valuable contributions. It serves as a platform for insightful discussions, innovative thinking, and meaningful engagement. I commend the editorial team for their hard work in curating yet another inspiring issue.

May this edition inspire you to think beyond boundaries, embrace new perspectives, and strive for excellence in all your endeavors. Wishing you all a rewarding and enjoyable reading experience!

Thank you for being an essential part of our journey. I look forward to all that we will continue to accomplish as we move forward, together.

Best wishes

INSIGHT



"INSIGHT," a comprehensive career guidance program, was organized at KIMS Health, Thiruvananthapuram for the outgoing batch of KIMS College of Nursing. The session, held on 25th January 2025, aimed to enlighten students about various career paths, higher education opportunities, and professional growth in the field of nursing and healthcare. Our students actively participated in the event, engaging in interactive sessions, seeking clarity on future prospects, and gaining valuable insights from experienced professionals. It was a fruitful experience that motivated and prepared them for the next phase of their journey.

REPUBLIC DAY CELEBRATION



The 76th Republic Day was celebrated with great patriotism and enthusiasm at KIMS Health on 26th January 2025. The event was organized by the Student Nurses Association (SNA) of KIMS College of Nursing. The celebration began with the flag hoisting ceremony, followed by the inauguration by Dr. M.I. Sahadulla, Group Chairman and Managing Director of KIMS Health. The event featured a patriotic song performance by our students, which filled the atmosphere with national pride. Various activities were organized to commemorate the day, and our students actively participated, showcasing their dedication and spirit. It was a memorable occasion that instilled a deeper sense of unity and national pride among everyone present.

100 DAYS TB CAMPAIGN



As part of the 100-day TB Campaign and Awareness Drive, a public health initiative was carried out on 29th February 2025, targeting the general public across five major areas under Thiruvananthapuram Corporation.

The 5th semester B.Sc. Nursing students of KIMS College of Nursing actively participated in this impactful campaign. The program featured flash mobs and awareness sessions, aimed at educating the community about Tuberculosis (TB), its prevention, early detection, and treatment. The campaign successfully captured public attention and promoted health awareness, reinforcing the importance of collective action in combating TB. TB day celebration with Mega quiz and poster competition was conducted by SNA. We won 3rd prize for quiz, 1st prize for poster competition and 2nd prize for overall program organization.

VAZHIKATTI

A counseling session under the "Vazhikatti" initiative was conducted on 29th January 2025 at KIMS College of Nursing for the 19th batch B.Sc. Nursing and 2nd batch GNM students. The session was led by Ms. Athmaja Panickar, a renowned counseling psychologist, who addressed the students on mental well-being, emotional resilience, and academic stress management. This event was organized as part of the Student Support and Guidance Program (SSGP), aiming to provide holistic support to nursing students as they navigate their academic and personal journeys. The session was insightful, interactive, and well-received by the participants.



LAMP LIGHTING CEREMONY



The lamp lighting ceremony is an auspicious occasion in every nurse's life, held in reverence to Florence Nightingale, the lady with the lamp. The lamp lighting ceremony formally recognizes the students' entry into the nursing profession. KIMS college & School of nursing organized the lamp lighting ceremony of 2nd batch 1st year GNM & 19th batch BSc (N) on 07th February 2025 at Open Courtyard KIMSCON. The event started with an unveiling of the 1st year GNM & 19th batch BSc (N) students. Dr Susan Jose Principal, Assistant Dean, Academics, KIMSHEALTH welcomed the gathering. Lighting the Lamp and Presidential address by Dr. Zuhara P M., Director- KERF. Dr. Saffia P M, Vice Dean, Academics, KIMSHEALTH had delivered the keynote address followed by lighting the lamp. The programme was so elegant and the day was memorable to the beginners. Parents of both batch students attended the ceremony.



WORKSHOP - QUALITY ASSURANCE IN NURSING PRACTICE



A Workshop on "Quality Assurance in Nursing Practice" was successfully conducted on 14th February 2025 at the Open Courtyard of KIMS College of Nursing. The session was led by Mr. Lijo, Deputy Nursing Officer (DNO), KIMS Health, who shared valuable insights on maintaining high standards in nursing care, patient safety, and continuous quality improvement in clinical practice. The workshop was interactive and informative, encouraging students and faculty to adopt evidence-based practices and uphold excellence in nursing care.



SNA ZONAL ELECTION 2025



The first general body meeting of south zone for the year 2025 was conducted on 19th February 2025 at CSI College of Nursing, Trivandrum. The most important session of the meeting was the election of new zonal executives. The posts are vice president, joint secretary, programme chairman (TVM & Kollam- 1; Trivandrum - 1). There were nominations for all the posts. Mr Maheswar MB from our unit were elected for the post of program chairperson - TVM

SWAP AND SHOP EVENTS

On 21st February 2025, NSS unit of KIMS College of Nursing launched a new club "LIFE" in collaboration with C5 Foundation. The inauguration was officiated by Dr. Susan Jose Principal KIMSCON who introduced the LIFE Club banner. The LIFE Club aims at conducting various activities for maintaining and promoting sustainable lifestyle. The activities comes under LIFE Club are an initiative of the NSS UNIT. As the first program of the LIFE Club, we organized a SWAP SHOP at our college. A "SWAP SHOP" in the context of reuse is a community based space where people can give unwanted goods and exchange with one another. Through this promoting reuse and reducing waste by giving items a second life instead of throwing them away.



KUHS INTERZONE SPORTS COMPETITION



We are proud to announce that the KIMS College of Nursing team won the 3rd Prize in Throw Ball at the KUHS Interzone Sports Competition, held on 1st March 2025. The achievement reflects the dedication, teamwork, and sporting spirit of our students. Congratulations to the team for bringing pride to the institution!



BLOOD DONATION AWARENESS SESSION



A Blood Donation Awareness Session was organized by the NSS Unit of KIMS College of Nursing on 5th March 2025. The session aimed to educate students on the importance of voluntary blood donation, debunk common myths, and encourage active participation in life-saving initiatives. It was an enlightening and motivating experience that inspired many to contribute to this noble cause.



INTERNATIONAL WOMENS DAY



International Women's Day was celebrated with great enthusiasm on 8th March 2025 at the Open Courtyard of KIMS College of Nursing. The program highlighted the achievements, strength, and contributions of women in all walks of life. Students actively participated through cultural performances, speeches, and interactive sessions, making the event vibrant and memorable. The celebration served as a powerful reminder of the importance of gender equality and women empowerment.



KHEL 2K25



KHEL 2K25, the Unit Sports Competition of KIMS College of Nursing, was held with great excitement and sportsmanship at the Sreepadam Stadium, Valiyakunnu, Attingal on 22.03.2025. Students from various batches actively participated in multiple athletic and team events, showcasing their talent, teamwork, and competitive spirit. We are proud to announce that the 5th semester B.Sc. Nursing students emerged as the Overall Champions of the event. Congratulations to all the participants, organizers, and winners for making KHEL 2K25 a memorable success!

EPILEPSY AWARENESS DAY CELEBRATION



World Epilepsy Day was observed on 26.03.2025 at KIMS Health in the Pediatric Corner with great enthusiasm and purpose. The event saw active participation from 7th semester B.Sc. Nursing students and the 2nd batch GNM students of KIMS College of Nursing. As part of the awareness campaign, students organized a flash mob and presented informative posters, aiming to spread awareness about epilepsy, its management, and the need to eliminate social stigma. The event was impactful and well-received, reflecting the commitment of our students toward public health education.



STATE LEVEL WORKSHOP

The State Level Workshop on "Emergency Nursing: Refining Emergency Nursing: An evolving discipline navigating complex challenges and opportunities" organized by the faculty and MSc Nursing students of KIMS College of Nursing, was conducted successfully on 28th March 2025.



The workshop aimed at refining emergency nursing as an evolving discipline while addressing complex challenges and opportunities. The workshop successfully met its objectives, providing valuable insights into emergency nursing practices, professional development, and ethical considerations. The hands-on training session further strengthened participants' practical skills. The overwhelming participation of 79 attendees reflected the growing interest and necessity of continuous professional education in emergency nursing.

BEST GREEN CAMPUS AWARD

We are proud to share that KIMS College of Nursing was honored with the Best Green Campus Award by Mangalapuram Grama Panchayath on 30th March 2025, in recognition of our efforts towards environmental sustainability and eco-friendly initiatives. The award was received on behalf of the college by Mr. Maheswar, Student Representative, reflecting the active involvement of our student body in maintaining a clean and green campus. This achievement highlights our ongoing commitment to environmental responsibility and sustainable campus development.



ELEVE 2K25

The SNA South Zone Leadership Program titled "Leading with Integrity" was successfully conducted on 3rd April 2025 at KIMS College of Nursing. The central theme of the program was "Integrity in Action: Navigating Ethical Challenges in Nursing." The session focused on developing ethical decision-making skills and fostering leadership qualities grounded in honesty, accountability, and professionalism. The program provided a valuable platform for budding nurse leaders to reflect on the importance of integrity in clinical practice and to engage in meaningful discussions on real-world ethical dilemmas in nursing.

WORLD HEALTH DAY

KIMS College of nursing SNA unit organized the World Health Day was commemorated on April 7th 2025 offering the opportunity to reflect on the importance of health under the theme "Healthy Beginnings, Hopeful Futures", which focuses on maternal and newborn health. The official function was organized by the 5th semester B.Sc. (Nursing) students. A student representative from the same batch introduced and presented the event's theme. To creatively convey key messages, the students organized a role play and a video presentation, both of which were well-received. As part of promoting health awareness, all participants took a pledge on Measures for Antinarcotic Awareness, reinforcing the importance of a drug-free lifestyle. Additionally, a thought-provoking poster presentation was showcased by students from each class across the college campus, sparking meaningful discussions and reflections. The session concluded with a feedback speech from the programme coordinators, marking the end of a successful and impactful event.



GRADUATION - 15TH BATCH B.SC NURSING



KIMS College of nursing SNA Unit/College Union /IQAC organized the graduation ceremony of 15th batch BSc (N) - FOOT PRINTS 2K24 on 30th April 2025 at Open Courtyard KIMSCON. Dr Susan Jose Principal and Assistant Dean, KIMS College of nursing welcomed the gathering. Dr. Premalatha, DDNE was the cheifguest and gave a motivational speech to graduates Dr.Safia P M, Vice Dean Academics. KIMSHEALTH delivered the presidential address followed by lighting the lamp. Dr Susan Jose, Principal, KIMS CON administered the professional nurses oath to the grandaunts and delivered the message to the students.



TNAI OF INDIA 57TH STATE CONFERENCE



The Kerala branch of the Trained Nurses Association of India (TNAI), the country's premier professional organization for nurses, held its 57th State Conference on May 2, 2025, at Floral Palace Hotel, Kottayam. The conference was presided over by Dr. Renu Susan Thomas, President of TNAI Kerala. Jayanthi Thulldhar Scholarship: Given to the best student from each zone. Our student, Ms. Anna Tharakan VII Semester BSc Nursing, was among the recipients.



INTERNATIONAL NURSES DAY CELEBRATION

International Nurses Day is observed on May 12 every year to celebrate the anniversary of Florence Nightingale & the English social reformer, statistician and founder of modern nursing) birth all over the globe. The theme for the celebration of International Nurse Day 2025 is "Our Nurses, Our Future. Caring for nurses strengthens economies. This theme highlights the vital role nurses play in healthcare, emphasizing the economic and societal benefits of investing in and empowering the nursing workforce. In this regard, nurses' week celebration was organized by Kerala Nurses and Midwives Council and DGHS from May 5th to May 12th. Our faculties and students had highly participated in various items and they bagged many prizes. Ms. Athira S of VII Semester BSc Nursing was awarded the prestigious title of "KALATHILAKAM, recognizing her exceptional talent and performance across various events.



NURSES DAY CELEBRATION - @ KIMS COLLEGE



KIMS College of nursing SNA unit has conducted a nurses day programme on 12th may 2025 at open courtyard from 9:00 am -9:30am. Various cultural activities were organised by the 2nd semester BSc(N) students and SNA executives and highlighted the theme. The theme for the celebration of International Nurse Day 2025 is Our Nurses, Our Future. Caring for nurses strengthens economies.



YASYA - 2K25 - UNIT LEVEL ARTS & SCIENCE



YASYA 2025 competition was conducted on 17.05.2025, which aims at the overall development of the students, and provide them ample opportunity to perform cultural and literary activities. SNA not only help the students to explore their hidden talents but also help in personality development. All the students of BSc and GNM were participated with great enthusiasm and excitement. Along with the co-operation of the teaching and Non teaching staff members the whole event was successfully organized.

WORLD ENVIRONMENT DAY



World Environment Day was celebrated on 5th June 2025 at KIMS College of Nursing with a focus on promoting environmental awareness and sustainability. The program was inaugurated by Prof. Susan Jose, who emphasized the importance of protecting nature and nurturing a greener future. As part of the celebration, a sapling was planted in the college compound, symbolizing the institution's commitment to environmental conservation. Faculty members and students also participated enthusiastically by planting saplings, making the event a hands-on effort to build a healthier, greener campus.

BLOOD DONATION DRIVE



In observance of World Blood Donation Day, a Blood Donation Drive was organized on 13th June 2025 at KIMS College of Nursing, in collaboration with the National Service Scheme (NSS) and the Red Ribbon Club. The event aimed to promote the importance of voluntary blood donation and saving lives through collective effort. Many students came forward to donate blood, showcasing compassion and social responsibility. The initiative was a great success, fostering awareness and encouraging a culture of regular blood donation among the student community.

NATIONAL READING DAY CELEBRATION

In honor of P.N. Panicker's unparalleled contributions to promoting universal literacy in Kerala, the NSS unit of KIMS College of Nursing observed National Reading Day Week on 20th June 2025 with a series of engaging activities. As part of the celebration, a quiz competition was organized exclusively for NSS volunteers. A total of four teams, each comprising two members, participated in the event. The team from the 7th semester emerged victorious, showcasing commendable knowledge and teamwork. Prof. Jessy Thomas, Vice Principal of KIMS College of Nursing, awarded prizes to the winners. On the occasion, Ms. Saritha S. Rajan, Chief Librarian, delivered an inspiring Reading Day message, emphasizing the importance of cultivating reading habits and lifelong learning among students. The event successfully highlighted the significance of literacy and the joy of reading, resonating with the spirit of National Reading Day.



WORLD YOGA DAY



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World Yoga Day was celebrated on 21.06.2025 with great energy and enthusiasm at the Open Courtyard of KIMS College of Nursing. The event was inaugurated by Prof. Jessy Thomas, Vice Principal of KIMS CON. 2nd semester B.Sc. Nursing students actively participated in the celebration, which featured a presentation on the benefits of yoga and a graceful yoga dance performance. The program highlighted the importance of incorporating yoga into daily life for physical, mental, and emotional well-being, and was well-appreciated by all attendees.

INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING

On the occasion of the International Day Against Drug Abuse and Illicit Trafficking, a meaningful awareness program was conducted on 26th June 2025 at the Open Courtyard of KIMS College of Nursing. The event aimed to spread awareness about the dangers of drug abuse and the importance of prevention, rehabilitation, and community support. Students and faculty actively participated in the program, reinforcing their commitment to a drug-free society.



SNA SOUTH ZONE ARTS COMPETITION – THRAYAM 2K25



We are thrilled to announce that KIMS College of Nursing has once again brought pride and glory by winning the Overall Championship at the SNA South Zone Arts Competition – THRAYAM 2K25, held at CSI Karakonam on June 25th, 26th, and 27th. With an impressive 167 points, our students secured the Overall Championship Title for the 4th time, showcasing exceptional talent, creativity, and teamwork across various cultural and artistic events. Hearty congratulations to all the participants, coordinators, and mentors who made this remarkable achievement possible!



SNAPSHOTS



KUHS INSPECTION



KIMS FAMILY



KNMC INSPECTION

BEST TEACHER AWARDS



Congratulations to the Best Teacher!

A great teacher is not just someone who imparts knowledge but one who inspires, uplifts, and leaves a lasting impact on every student. As the saying goes, "A teacher takes a hand, opens a mind, and touches a heart." You have done just that and so much more. "The influence of a good teacher can never be erased," and your dedication, patience, and unwavering commitment have made a difference in countless lives. "Teaching is the one profession that creates all other professions," and you have lived up to this noble calling with grace and excellence. Congratulations on being recognized as the best teacher – a title you truly deserve!

Congratulations



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KIMS COLLEGE OF NURSING

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