



The Stephen's Chronicle

Official Magazine of St. Stephen's Hospital College of Nursing

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Give thanks in all circumstances; for this is the will of God in Christ Jesus for you (Holy Bible)

Another year is about to end and we prepare to usher into a new year. The entire year has been full of activity whether academics or co- curricular and we have success stories of achievement after all the hard work put in during the year. Our students succeeded in the Examinations and classes for the new entrants have begun. Sports activity continued till November and culminated with the Hospital Annual Day function 'Talent Nite' where staff & students showcased their talent. December month in itself brings joy because of the Christmas festivity which goes on for the entire month. We had Christmas programmes, lunches, dinners, carol rounds & candle light procession which were moments of fellowship and sharing God's love. As we welcome the birth of Jesus during Christmas we also get ready to welcome the new year with a lot of hopes and good wishes for everyone. Season's and New Year greetings to all!

Merry Christmas and a Blessed New Year!

Principal's Ink



Prof. Dr. Feba Geevarghese

Principal

St. Stephen's Hospital College of Nursing

ROLE PLAY ON "STRESS MANAGEMENT" AT SUNDERNAGARI



B.Sc. (Hons) Nursing III year students of St. Stephen's Hospital College of Nursing conducted a Role Play on 01/09/2023 at 10am on the topic "Stress Management" at St. Stephen's Hospital Community Health Centre, Sunder Nagari, Delhi. The Role Play was conducted in Hindi language and was organized under the supervision of the Faculty of College of Nursing. The Role Play was chaired by Dr Abha Mangal, HOD of Community Health Department and attended by other health personnel of the Dept..The audience who witnessed the Role Play appreciated their work and efforts made by the students.

TEACHER'S DAY CELEBRATION

A small gathering was organized among the teachers to celebrate "Teachers day" on 05th September 2023. There was a cake cutting ceremony with Respected Principal Madam Prof. Dr. Feba Geevarghese and teachers in order to thank and appreciate all the teachers for their full dedication and hardwork towards their students' performance and up building.



WORLD SUICIDE PREVENTION WEEK 2023



Suicide is a major public health problem with far reaching social, emotional and economic consequences. Each suicide profoundly affects the family and the society.

St. Stephen's Hospital College of Nursing in collaboration with the Department of Psychiatry observed Suicide Prevention Week from 10/09/2023-16/09/2023 on the theme '**Creating Hope Through Action**' which is the triennial theme for the World Suicide Prevention Day 2021-2023. To create awareness among students and general public, a role play on Suicide Prevention was performed by B.Sc. (H) Nursing 3rd year students on various occasions during the week.

On 02/09/2023, the role play was performed at Urban Community Area, Sunder Nagari.

On 18/09/2023, it was performed at OPD area and Patient Waiting Area of St. Stephen's Hospital. Audience participated enthusiastically and shared their life situations and views on the topic and appreciated the effort of the students.

Prof. Dr. Feba Geevarghese, Principal, College of Nursing, Sr. Lilly Agnes, Nursing Superintendent, Ms Shinon, Clinical Psychologist, Dept. of Psychiatry and Faculty from College of Nursing graced the occasion by their presence.

Charts regarding the pre-disposing factors, manifestations exhibited by the people with suicidal ideation, prevention and management were displayed in the OPD Area with an aim to impart information to general public during this week.



WORKSHOP ON 'SUICIDE PREVENTION'



One day workshop on the topic 'Suicide Prevention' was organized during the Suicide Prevention Week by students of Post basic B.Sc. Nursing 2nd year on 11/09/ 2023 from 8.30am onwards. The Chief Guest for the Workshop was Dr. Sudhir C. Joseph, Director, St. Stephen's Hospital who addressed the gathering. Prof. Dr. Feba Geevarghese and the Department of Psychiatry were present at the Inaugural session. Total of 147 students attended the workshop. An Invocation song was presented by B.Sc. 2nd year students. There were 5 sessions and each session was taken by eminent guest speakers. The topics of the workshop were:



HOSPITAL SPORTS 2023

The sports activities in our Institute commenced from 12/09/2023 and continued till 31/10/2023. There were outdoor and indoor games such as Badminton, Tennikoit, Athletics (100m race, 4x100m relay race), Shotput, Cricket, Kho-Kho, Carrom, Chess, Table tennis, Throwball, Volleyball, Tug-O-War at Administrative Lawn & Volley Ball ground.

The presence of Dr. Sudhir C. Joseph, Director and the administrative team motivated the students to participate in various games. Students were divided into 4 houses- Alice House, Priscilla House, Lucy House and Savitri House. Each House had a Captain and Assistant Captain and each sports event was conducted by the assigned Coordinator. The students participated with full enthusiasm in each event as individual or group. The winning trophy for the year 2023 was bagged by Priscilla House.



2nd NATIONAL CONFERENCE ON TOPIC "PATIENT SAFETY: NO SPACE FOR HUMAN ERR"

St. Stephen's Hospital College of Nursing organized a two- day National conference from 28th to 29th September 2023 on the theme: **"Patient Safety: No Space for Human Err"**. The organizing chairperson for the Conference was Prof. Dr. Feba Geevarghese, Principal, St. Stephen's Hospital College of Nursing. The Chief Guest of the Conference was Dr. Sudhir C. Joseph, Director, St. Stephen's Hospital. The Inaugural session included welcome address by Principal madam, lighting of the ceremonial lamp and unveiling of the theme of the conference by the Chief Guest.



The conference witnessed the participation of nearly eighty-one staff nurses from different organizations. There was a brief pre-test and post-test which consisted of 15 questions and was aimed at analyzing the knowledge of delegates on the subject matter.

The speakers for the conference were: Ms. Thankam Gomez, Founder & CEO-Cygnia Healthcare, Prof. Dr. Raminder Kalra, Principal, Holy Family, CON, Ms. Jeena Jose, Nursing Superintendent, Holy Family Hospital, Ms. Rimple Sharma, Associate Professor, AIIMS, Prof. Bindu Shaiju, Associate Professor, RFCON, Prof. Dr. Mini George, Principal, ILBS, CON, Ms. Clarice Lyngdoh, M.Sc. Tutor, SSHCON, Dr. S.K Chumber, Senior Specialist, Microbiology, SSHCON, Anugrah Milton, Tutor, RAK, college of Nursing, Prof. Dr. Feba Geevarghese, Principal, SSHCON, Dr. Pragya Pathak, Vice Principal, Dr. RML Hospital, Lucknow, Ms. Shiny Chacko, Secretary Delhi State Branch, TNAI. The speakers were welcomed with planters and were felicitated with memento after the session.

MENTAL HEALTH WEEK 2023

Mental Health week was celebrated by St. Stephen's Hospital College of Nursing in collaboration with the Department of Psychiatry from 03/10/2023-10/10/2023 on the theme “**Mental Health is a universal human right**”. Students participated in various activities to create awareness to the public to improve knowledge and create awareness towards mental health as a universal human right. Poster making competition was held on 03/10/2023 based on the same theme for students by Department of Psychiatric Nursing and the best three posters were awarded with cash prize and certificate. All posters were displayed in the OPD Area. Role Play on the same theme was organized at the OPD area in St. Stephen's Hospital on 10/10/2023 and 13/10/2023. All the students who participated in the Poster competition and Role Play were appreciated and presented with small gifts. Prizes for students were distributed by Dr. Atmesh, Chief Medical Officer, Dept. of Psychiatry.



GGSIU HEALTH MELA



Guru Gobind Singh Indraprastha University celebrated “Silver Jubilee Year” by organizing an event “IPU Health Mela” scheduled from 05/10/2023-10/10/2023. Students of B.Sc (Hons) Nursing and M.Sc. Nursing programme from St. Stephen's Hospital College of Nursing attended this event at Talkatora Stadium along with seven teachers on 08/10/2023.



There were free medical examinations, OPD consultations, educational CPR training sessions, expert lectures, several competitions and cultural events along with diverse variety of food stalls during the entire event.

ANUGOONJ (Prelims)



The Annual fest-Anugoonj (Prelims) of Guru Gobind Singh Indraprastha University was held from 05/10/2023-06/10/2023 at KCC Institute of Legal & Higher Education, Greater Noida. Our college also participated enthusiastically with more than 30 students who showcased their talent in competitions such as Street



Dance, Rangoli making, Debate- English, Debate-Hindi, On-the-Spot painting, Collage, Cartooning, Just a Minute (English), folk dance and Quiz. The results of various events of Prelims were declared on 8th October 2023. Our students cleared the prelims and qualified to compete in the Anugoonj finals at the University level in Cartooning, Choreography, Folk Dance, and On-the-Spot Painting competitions. *Hooray!!*

Anugoonj finals will be in the month of February 2024.

18th ANNUAL SPORTS MEET, GGSIPU

The 18th Annual Sports Meet was held from 19/10/2023-21/10/2023 at GGSIP University, Sector 16, Dwarka. The Chief guest for the event was Shri Yogeshwar Dutt, Indian Freestyle Wrestler. Padma Shri Prof. (Dr) Mahesh Verma, Hon'ble Vice Chancellor also presided over the occasion along with the other dignitaries of the University.



The welcome address was given by Director of DSW, Prof. Manpreet Kaur Kang followed by Chief guest for the event, Shri Yogeshwar Dutt. Among various sports event St. Stephen's Hospital College of Nursing secured the runner up position in the University March Past. In Tug- O- War, our team secured third position and in Volleyball, our team had reached Quarterfinals but could not qualify for the next round. *Cheers to our Victory!!*



WORKSHOP- CLINICAL NURSING RESEARCH: COLLABORATIVE EXCELLENCE

The "Clinical Nursing Research: Collaborative Excellence" workshop was organized by College of Nursing, Delhi on the goal of participants with search tech- (Hons) Nursing students participated in the workshop mode from our various topics like



Nursing Research with Digital Health tools, Quality Improvement Research in Nursing, Transforming Healthcare through Public Health Research and Novelties in Managerial Nursing Research were covered by eminent speakers from various prestigious institutions from the nursing fraternity. The valuable insights gained by the students will undoubtedly contribute to more efficient and successful research outcomes. They also provided the participation certificates to the students who had attended the Workshop.

“TALENT NITE 2023”

Talent Nite 2023 was celebrated on 04/11/2023. From mesmerizing musical performances to captivating dance, this event promises to be a night full of talent, laughter and memories. We had a tidal wave of participants who put their heart and soul in preparing themselves for the event. The Chief Guest was 'Chittaranjan Tripathy' - the Director of National School of Drama, New Delhi.



WORLD HEPATITIS DAY



The students of our College of Nursing actively participated on the 26th Hepatitis Day programme organized by the Institute of Liver and Biliary Sciences (ILBS), Delhi. On 04/12/2023, the students participated in Poster and Logo competition on the theme and skit competition on the topic: 'Drugs induced liver injury'. Ms. Alma Joji, B.Sc.



(H) Nursing 3rd year student received consolation prize in the poster making competition. *Congratulations!!*

WORKSHOP ON "STRESS MANAGEMENT AND LIFE SKILL DEVELOPMENT"



To educate about stress management the batch of B.Sc. (H) Nursing 4th Year conducted a workshop "Stress Management and Life Skill Development" for the freshers on 22/11/2023. The chief guest for the program was Prof. Dr. Feba Geevarghese ma'am who graced



the occasion with her valuable presence along with esteemed faculty members. Dr. Atmesh Kumar (Senior Consultant), Ms. Sakshi Mehta (Clinical psychologist), and Ms. Shinon A. Samuel (Clinical psychologist) took sessions on various topics related to stress, stressors and its management.



Thereafter, a group activity was presented on the same theme to impart knowledge. In the end, feedback was collected to assess the level of understanding of the concept.

INTERNATIONAL DAY FOR “THE ELIMINATION OF VIOLENCE AGAINST WOMEN”



"The language of women accustomed to violence was silence and lies. "International Day for the Elimination of Violence against Women" is celebrated every year on 25 November to create awareness about this global problem. Community Health Nursing Department, St. Stephen's Hospital College of Nursing, Delhi organized a Nukkad Natak on International Day for the Elimination of Violence against Women on 28th November 2023 in OPD area, St. Stephen's

Hospital. The Nukkad Natak was performed by B.Sc. (Hons)



Nursing 2nd Year students of St. Stephen's Hospital College of Nursing. Prof. Dr. Feba Geevarghese, Principal, St. Stephens Hospital College of Nursing, Ms. Lilly Agnes, Nursing Superintendent, St. Stephens Hospital and Faculty from the College of Nursing also attended the Nukkad Natak and appreciated it.



PAKHWADA WEEK



“Pakhwada Week - Vasectomy” was celebrated by students of G.N.M III Year in Aruna Asaf Ali Hospital on 4th December 2023 with a motive to promote family planning practices. Its main goal is to raise global awareness of vasectomy as a male-oriented solution to prevent unwanted pregnancies.



A role play was organised by the students keeping in a view that both men and women need to be educated to help dispel myths and misconceptions.

WORLD AIDS DAY

World AIDS Day 2023 under the theme, “Let communities lead” is an opportunity to reflect on the progress made to date, to raise awareness about the challenges that remain to achieve the goals of ending AIDS by 2030 and to mobilize all stakeholders to jointly redouble efforts to ensure the success of the HIV response. Community Health Nursing Department, St. Stephen's Hospital College of Nursing, Delhi organized a Role play on World AIDS Day on 6th December 2023 at Community Health Department, CHC, Sunder Nagari. The Role play was performed by GNM III year students and through role play they also imparted health education to reduce the risk of individuals becoming infected with HIV or, if already infected avoid infecting others.



CPR AWARENESS PROGRAMME



On 6th December 2023, CPR Awareness Training Program was held across the country to spread awareness and impart training to thousands of youth and non-medical personnel to administer CPR in proper manner. The students and faculty of St. Stephen's Hospital College of Nursing along with Hospital personnel attended the training at Conference Hall. A video prepared by the experts from National Board of Examination was shown to the attendees. The doctors explained CPR skill to the students. It was a knowledgeable session.



SNA CHRISTMAS CELEBRATION



The Student Nurses Association (SNA) of College of Nursing organized Christmas Party for all the students on 12th December 2023. The Chief Guest for the program was Dr. Sudhir C. Joseph, Director, St. Stephen's Hospital. He shared a wonderful message about the real celebration of Christmas. Madam Prof. Dr. Feba Geevarghese,

Principal, St. Stephen's Hospital College of Nursing, addressed the gathering sharing the meaning of Christmas that is the love of Jesus Christ for humankind. Students sung beautiful Christmas carols, presented a choreography and the Nativity play portraying the birth of Jesus Christ. All the dignitaries, head of the departments attended the program and enjoyed the fellowship lunch.



STIPEND

M.Sc. Nursing students are given stipend of Rs. 16,500/- p.m. and Post Basic B.Sc. Nursing students get Rs. 10,000/- p.m. stipend during their training. This stipend facility has been introduced from academic session 2023-24 and we are the only institution to provide stipend to these students at such rate!!



100% Results of GNM, Post Basic B.Sc. Nursing and M.Sc. Nursing in the academic Year 2022-23.

Kudos to the students and faculty!!

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