



# The Stephen's Chronicle

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

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*No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us. - Holy Bible*

It is with immense joy that I announce our Ranking by IIRF as No. 1 in North India and No. 2 at National Level. I am indebted to our Director, Management, faculty and students for this feat! The rich legacy of our institution is upheld and our ranking undoubtedly speaks about the quality of Nursing education in our College.

We understand the fact that our buildings are as old as our Nursing training and therefore, we are in need of new College & Hostel buildings. An appeal to our alumni has been placed on our College website for funds for building a new Teaching and Hostel Block. We have started receiving encouraging response!

As usual we had a lot of College activities during this quarter also. We had 2 Christian Leadership Workshops for our students- one was week- long conducted by Haggai Institute and the other one was a two- day Conference called 'SEED' organized by CMAI. We had a one- day Workshop on NABH for our students to sensitize them about quality patient care and Nursing excellence. The SNA of our College organized a Freshers' Welcome for the new batch of students admitted in various Courses & a Farewell Programme for the outgoing batch of GNM and International Nurses Day was also celebrated during this event. The Mental Health Dept. of our College celebrated 'World Schizophrenia Day', Child Health Dept. celebrated 'National Complementary Feeding Day', Community Health Dept. organised 'Stop Diarrhoea Campaign' and 'Breastfeeding Week' was celebrated by our OBG Dept. Patient awareness programmes and student activities were carried out both in our Hospital as well as our Community Health Centre at Sunder Nari.

"The journey of a thousand miles begins with one step!" Our journey started more than a century ago and by the Grace of the Almighty we still continue to train and impact the young minds that come to us!

### Principal's Ink



**Prof. Dr. Feba Geevarghese**

Principal

St. Stephen's Hospital College of Nursing

### HAGGAI WORKSHOP



A National Leadership workshop was organised by Haggai Institute, India at Conference Hall, St Stephens Hospital, New Delhi from 06/05/2024-10/05/2024 with the aim of transforming the participants to be a leader who will be able to lead others in Christ. 24 students from B. Sc (N) 4<sup>th</sup> year participated in the workshop. Introductory session of the



workshop was delivered by Mr M.K Viswanathan. Sessions were led by Mr. Charles Golla, Ms. Archana Robinson and Ms Aruna Jacob. The final sessions of the workshop were headed by Mr Alfred A Luther. Mr. D. Sudhir and Mr M.K Viswanathan. Each session of the workshop was enriching with excellent presentations, group discussions and activities. Participants were awarded with certificates after the successful completion of the workshop.



### INDIAN NURSING COUNCIL- INTERNATIONAL NURSES DAY



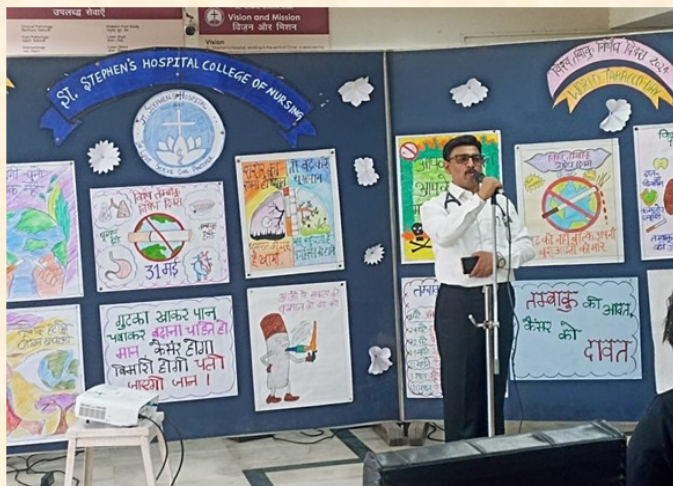
The Indian Nursing Council celebrated International Nurses day 2024 on 15<sup>th</sup> May 2024 at 11:30 am to 12:30 pm in virtual mode. The students and the faculty assembled at the Conference Hall and attended the online celebration

### WORLD SCHIZOPHRENIA DAY



St. Stephen's Hospital College of Nursing in collaboration with the Department of Psychiatry celebrated 'World Schizophrenia Awareness Day' on 24<sup>th</sup> May 2024 by organizing a poster competition on the theme 'Schizophrenia: Awareness and Management'. The posters were displayed for the public at the OPD Area. The winners received cash prize from the Psychiatry department. Ms. Anagha, Ms. Yukta and Ms. Gauri of GNM 2<sup>nd</sup> years bagged 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> prize respectively.

## WORLD NO-TOBACCO DAY



On 31<sup>st</sup> May 2024, the students of GNM 3<sup>rd</sup> year organized a public awareness programme on the occasion of 'World No Tobacco Day.' A role play was conducted and health education through charts and posters was provided to the public. Dr. Shamim Akhtar, HOD Respiratory Medicine addressed the gathering with his words of knowledge.

## NATIONAL COMPLEMENTARY FEEDING DAY 2024



National Complementary Feeding Day was celebrated in St. Stephen's Hospital, Paediatric OPD on 6<sup>th</sup> June 2024. The event was organized by Child Health Nursing Department, St. Stephen's Hospital College of Nursing.

National Complementary Feeding Day was celebrated to keep the child nutritious with breastmilk. It is provided to keep child healthy. Dr. Nirmal, HOD of Paediatric Department shared his thought on benefits of Complementary Feeding. A Role Play was performed by students of GNM 2<sup>nd</sup> year and charts were also explained to educate the public.

## FIRE AND ICE' & THE BLOOMING BLOSSOMS



College of Nursing celebrated International Nurses day, Fresher's and Farewell party on 25<sup>th</sup> June 2024 at Conference Hall. The programme began with a prayer and a message by Respected Principal,



Madam Prof. Dr. Feba Geevarghese. She encouraged the students to give their best in every area of their lives especially the noble profession that they have chosen to be in. The Chief Guest for the event was Dr. Sudhir C. Joseph, Director, St. Stephen's Hospital. He addressed the gathering with his words of wisdom. Prof. Sheeba Joseph threw light on the theme of Nurse's Day-*'Our Nurses. Our Future. The economic power of care.'*

The GNM and B.Sc. Nursing students of batch 2023 were welcomed on this day. The theme for the party was *'Fire & Ice'*. All the girls wore dresses in various shades of blue and red.

The GNM batch of 2021 received Farewell from their junior batches. The theme for the event was *'The Blooming Blossoms'*. Mind blowing and energetic dances and songs were performed. A wonderful documentary on the journey of the outgoing students was presented which made them nostalgic. Ms. Nancy Kujur, GNM 3<sup>rd</sup> years was chosen as Ms. Stephen's and Ms. Bhoomika, GNM 1<sup>st</sup> Years received Ms. Fresher's award.

The students also bid Farewell to Mr. Sanjay Toppo, Librarian, College of Nursing Principal Madam shared few words on his journey in this institution. The SNA gave him a gift as a token of love and appreciation. All the students had a great time of enjoyment.



## STUDENT NURSES ASSOCIATION ELECTIONS 2024

The Student Nurses Association (SNA) Election 2024 was conducted on 13/07/2024 in Classroom No-2 from 10:00 AM onwards under the supervision of SNA Committee members. Ballot system was used for the election. Two nominations from GNM and B.Sc. Batches for each post were taken. All students actively participated and total 278 students casted votes. The elected candidates were approved by the Principal, Madam Prof. Dr. Feba Geevarghese. We wish good luck and sincere appreciation to the Outgoing SNA Committee! We also welcome the new bunch of enthusiastic members who have taken up the new responsibilities!

POST	NAME	BATCH
<b>Vice President</b>	Ms. Jeslet Jiju	B.Sc.(H) Nursing 4 <sup>th</sup> year
<b>Secretary</b>	Ms. Jiya Raju Khaikar	GNM 2 <sup>nd</sup> year
<b>Treasurer</b>	Ms. Ashna Sara Santosh	B.Sc.(H) Nursing 3 <sup>rd</sup> year
<b>Joint Secretary</b>	Ms. Tenzey Yankey	GNM 1 <sup>st</sup> year
<b>Joint Treasurer</b>	Ms. Divya Maria James	B.Sc.(H) Nursing 2 <sup>nd</sup> year

## STOP DIARRHOEA CAMPAIGN 2024

STOP Diarrhoea campaign is a nationwide drive, however, the focus should be to reach to the underserved, marginalized and vulnerable communities. The Community Health Department, St. Stephen's Hospital College of Nursing organized group activity related to awareness and prevention of Diarrhoea at Community Health department, Sunder Nagri. B.Sc. Nursing 4<sup>th</sup> year students performed Role play on 29.07.2024 and 30.07.2024 at M.C. Primary School and CHD, Sunder Nagri respectively. On 30.07.24. Students from "Child- to-Child programme" were involved for the group activity. General public were participants for the Quiz competition at CHC, Sunder Nagri.

Dr. Abha Mangal (HOD, Community Health Centre, Sunder Nagri) and staff members from CHC Sunder Nagri also attended the group activity and Quiz Competition. Prizes were distributed to the general public for the correct answers in Quiz competition.



## WORKSHOP ON "ROLE OF NABH: ENHANCING NURSING EXCELLENCE"



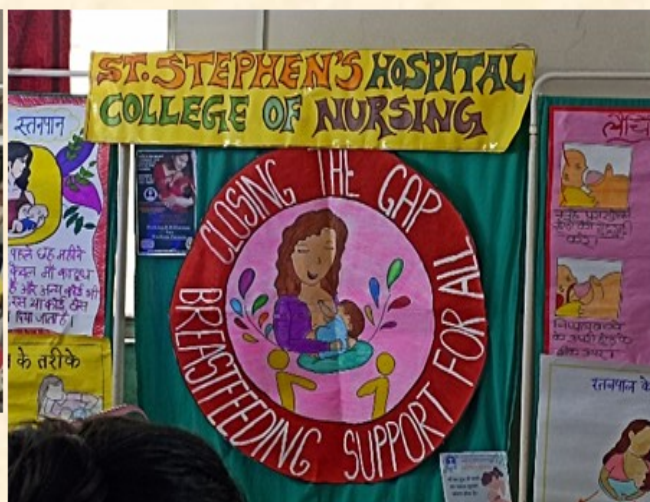
A One- day workshop was organized by College of Nursing and the students of M.Sc. Nursing 1<sup>st</sup>, 2<sup>nd</sup> years and Post Basic B.Sc. Nursing 2<sup>nd</sup> year students on 19<sup>th</sup> July 2024. The conference witnessed the participation of 69 students of B.Sc. Nursing 3<sup>rd</sup> year and BSc. 2<sup>nd</sup> semester of St. Stephen's Hospital College of Nursing. Principal Madam Prof. Dr. Feba Geevarghese addressed the gathering. The Chief Guest and the Chairperson of the event was Dr. Sudhir C. Joseph. Various eminent speakers gave their insights and knowledge regarding various important concepts regarding Role of NABH: Enhancing Nursing Excellence, including, Mr. M.R Rafat (NABH Consultant, SSH), Ms. Jaya Simon (Assistant Professor, SSHCON), Ms. Lilly Agnes (Nursing Superintendent, SSH), Dr. S.K Chumbar (HOD- Department of Microbiology and Infection Control officer, SSH) and Ms. Elizabeth Mathew (Human Resource Manager, SSH). The workshop was a grand success.



## WORLD BREASTFEEDING WEEK CELEBRATION

Breastmilk is the primary source for all their nutritional needs in the initial few months of an infant's life. Various determinants affect a successful optimal breastfeeding practice, including family, community, health system services, socio-cultural factors, mother-infant interaction, workplace, employment and others. St. Stephen's Hospital College of Nursing, Obstetrics and Gynaecological Nursing Department organised World Breastfeeding week with a view to create awareness among mothers practice, emphasize and educate regarding exclusive breastfeeding and also to celebrate motherhood in all their diversities, throughout their breastfeeding journeys, while showcasing the ways families, societies, communities and health workers can support every breastfeeding mother. The week – long celebration (01<sup>st</sup> August – 07<sup>th</sup> August 2024) featured a variety of activities designed to raise awareness and encourage community participation. Highlights included Poster Competition, Awareness Program and Role Play on "Importance of Breastfeeding".





The event was organised and planned under the guidance of Prof. Dr. Feba Geevarghese, Principal and Prof. Sheeba P. Joseph, Vice Principal. The faculty were Ms. KS Nalini, Assistant Professor, Ms. Rency Mol Jaboi, M.Sc. Tutor and Ms. N. Grace Amitha, M.Sc. Tutor, St. Stephen's Hospital College of Nursing.

### AWARENESS ON DENGUE PREVENTION

Dengue is the fastest spreading vector-borne disease in the world and many people get affected by this disease in India. St. Stephen's Hospital, College of Nursing, Mental Health Nursing Department organised an Awareness Program - Role play in IHBAS on 13<sup>th</sup> August 2024 with an aim of combating the deadly disease by educating people about the causes, symptoms and prevention of dengue fever.

The main reason and causes for the spread of dengue was conveyed to the people in detail. B.Sc. (Hons.) Nursing 3<sup>rd</sup> Year students participated enthusiastically in education people regarding it's prevention and management.



### CMAI CONFERENCE

A Two- day CMAI's SEED Conference was held in the Conference Hall, St. Stephen's Hospital from 20<sup>th</sup> - 21<sup>st</sup> August 2024 with the theme 'Students Empowering and Enriching Directive'. The students of B.Sc. Hons. Nursing 4<sup>th</sup> Year,



B.Sc. Hons. Nursing II Second Semester and IV Semester attended the conference. The conference included various sessions regarding self awareness, social media and its effects, teamwork, communication, time management and servant leadership. A short cultural program done at the end of the conference.



**ST. STEPHEN'S HOSPITAL COLLEGE OF NURSING IIRF  
RANKING – No. 1  
IN NORTH ZONE & NO. 2 AT NATIONAL LEVEL**

*Congratulations!*

*B.Sc. (H) Nursing Semester I Pass Results  
Laurel to the students and faculty!!*