

**PSYCHIATRIC NURSING NEWSLETTER**  
**VINAYAKA MISSION'S ANNAPOORANA COLLEGE OF NURSING,**  
**SALEM**

2018

*FROM THE HEAD OF THE INSTITUTION...*

I am very happy that Department of Psychiatric Nursing is releasing a news letter "Echos -2018". I hope that this News letter will be an important, educative and bring out the hidden talents of the faculty and students to know more about the mental health needs and serve the mankind.



DR.V.SELVANAYAKI

*FROM THE HEAD OF THE DEPARTMENT.....*



MRS.R.NAGANANDINI

Greetings from the Department of Psychiatric Nursing, Vinayaka Mission's Annapoorana College of Nursing, Salem! The faculty members of Department of Psychiatric nursing are pleased and proud to welcome you to 2019 and share news 2018 from our department. The department observes significant days like World Mental Health Day.

*What's Inside...*

- Students Desk
- Awareness programme
- Staff development programme
- Research activities



# ECHOS



## PSYCHIATRIC NURSING NEWSLETTER

VINAYAKA MISSION'S ANNAPOORANA COLLEGE OF  
NURSING, SALEM

2018

**Catalyst**

*Together, we accelerate change.*



VINAYAKA MISSION'S RESEARCH FOUNDATION  
DEEMED TO BE UNIVERSITY  
SALEM, TAMILNADU

**VINAYAKA MISSION'S ANNAPOORANA COLLEGE OF NURSING, SALEM.  
DEPARTMENT OF PSYCHIATRIC (MENTAL HEALTH) NURSING**

**VISION**

Our vision is to become a premier provider in mental health nursing education of international repute and emerge as a department that is recognized for promoting excellent in Education, Service, Research and Leadership with commitment to the core values of our discipline.

**MISSION**

- Provide competent and proficient nursing education to the students.
- Update with recent advances and keep up global standards of mental health nursing practice.
- Provide excellence in mental health nursing research which includes high quality publications and competitive external grants.
- Foster the contribution of nurses to the improvement of mental health in the Indian society.

**OBJECTIVES**

- Motivate the students to practice their knowledge to become an efficient professional mental health nurse.
- Develop skills and attitudes to carryout comprehensive nursing care for mentally ill persons and psychological aspects of client with physical disorders.
- Carryout research activities in the areas of mental health /illness in clinical and community settings.
- Provide holistic care to Clients with various psychiatric disorders by using recent techniques.
- To appreciate evidence based nursing practice and narrow down the gaps between theory, practice and research.

## Students Desk



Nursing students from III year BSc(Nursing) has attended field visit training on 21.05.2018 at karangal, Home for Mentally challenged, Coimbatore. Students were taught about cognitive and abstract thinking skills and followed by there were played with the mentally challenged and encouraged them to participate to promote their physical and mental abilities.



Nursing students from III year BSc(Nursing) has attended field visit training on 21.09.2018 at missionaries of oldage home, Alagapuram, Salem. It was good experience for nursing students which they have assessed health status of the elderly in that institution. Students were given counseling and psychological support to old age people.

**TIME TO HONOUR**

Mrs. R.Naganandini, HOD & Associate Professor , as editorial board member in International Journal of Nursing Science Practice & Research.

**WORK TOGETHER**

SL.NO	FACULTY NAME	POSITION	COMMITTEE
1	Mrs. R.Naganandini	Advisor	Student Nurses Association
		Coordinator	Youth Red Cross
		Member	Counselling cell
			Students grievance cell
			Research & CNE cell
			Library committee
			Website committee
			Mentoring committee
			Sexual harassment committee
			Alumni association
3.	Mr.K. Balasubramanian	Member	Sports committee
			Anti ragging committee
			Counselling cell
			Sports committee

*Thank you to all for your support.....*

*Further details , Contact: email; [vmaconmhn2000@gmail.com](mailto:vmaconmhn2000@gmail.com)*

## Awareness Programme



An awareness programme was conducted on 26.06.2018 in lieu of International Anti Drug Abuse Day regarding "Ill Effects of Drug Abuse" which was projected in the form of Power point and Video presentation for School students based on the theme "**Listen First**" at Gugai Government Higher Secondary School, Gugai, Salem.

## PROMOTE HEALTHY NATION- NEED PSYCHOLOGICAL FIRST AID



Memory games and walking competition conducted and followed by health education regarding care of persons with memory problems were given for elderly people on 21. 09. 2018 at Missionaries of charity old age home, Alagapuram, Salem, in lieu of World Alzheimer's day celebration



Street play on prevention of depression and suicide conducted and followed by pamphlets were distributed to all the students on 10.10.2018 at near VMACON Campus in lieu of World Mental Health Day celebration.

## Staff Development Programme

### ORGANIZED

#### Brilliant CNE

Continuing Nursing Education Programme as Seminar on "Newer Management for Patients with Psychotic Disorders" on 20.05.2018. Dr. Tharun Krishnan, MBBS, MD (Psy), Consultant Psychiatrist, Salem Medical Centre & Hospital, Salem, along with our Departmental Faculty delivered a lecture in details about Newer Management for Patients with Psychotic Disorders. All the faculty members and students attended the programme





Guest Lecture regarding "Developing Coping Skills" was organized on 09.11.2018. Guest speaker was Mr. Amulraj, MA., (Psy)., Counselor, Life Coping Skills Center, Salem. All the faculty members and 113 nursing students attended this programme.

### FSDP ON ACUPRESSURE

Faculty Skill Development Programme was organized on 25.07.2018 regarding Acupressure for Health and Illness. Dr. C. Parthiban, B. P. T MD(Acu) MSc (YN) D. N. T DN. T., Expert in Acupuncture, Sharthika Acupuncture Clinic & Medical Academy, Periyaputhur Road, Salem, has dealt with ways to do acupressure and its importance in improving well-being and reducing health problems. All the teaching faculty and nonteaching staffs attended this programme.





## JOURNAL CLUBS



Mrs. R. Naganandini, M.Sc. (N), HOD  
& Asso. Professor, presented a journal  
article on **“AVATAR Therapy”** on  
27.03.2018



Mr. Naja M.Punmoose, Tutor, presented a  
journal article on **“Whatsapp Addiction”**  
on 20.04.2018

Mr.K.Balasubramanian, Assistant Professor,  
presented a journal article **“Walking Corpse  
Syndrome”** on 22.06.2018.

*Congratulations to BSc(N)  
III year Students for 100%  
result in Mental Health  
Nursing in August 2018*

- One day workshop on “Intellectual Property Rights” organized by VMRF, DU, Salem.

- Mr.K. Balasubramanian, Assistant professor, as resource person/ Trainer for training on Basic Life Support (BLS) Provider Course on from 06.12.2018 to 09.12.2018 , conducted by International Academy of Emergency Medicine and Authorized by American Heart Association, Kottayam, Kerala.



- Mrs. R.Naganandini, Associate Professor, and Mr.K. Balasubramanian, Assistant professor, has attended as delegate in national Seminar on “Quality Care Approach in Neuro Nursing” on 8<sup>th</sup> June 2018 and National Conference on “Application & Utilization of Research in Nursing Practice” on 12<sup>th</sup> & 13<sup>th</sup> April 2018 at Vinayaka Mission’s Annapoorana College of Nursing, Salem.

## Research Activities

Department of Psychiatric Nursing completed a research project on “a study to assess the knowledge on prevention of violence among school teachers in selected schools Salem, Tamilnadu”.

Mrs. R.Naganandini, HOD & Associate Professor, has published a research article on “Assess the level of stress among police personnel” in International Journal of Multidisciplinary Research & Development , 5(9),2018,1-3.

“Knowledge on prevention of conduct problems among school teachers”, International Journal of Nursing Science Practice & Research, 4(1), 2018, 160 – 162.

## FACULTY ENRICHMENT

➤ Mrs. R.Naganandini, Associate Professor, has attended

- One day training on Basic Life Support (BLS) Provider Course on 08.12.2018 , conducted by International Academy of Emergency Medicine and Authorized by American Heart Association, Kottayam, Kerala.



- One day Basic Training Programme on Human Rights, Sponsored by National Human Rights Commission(NHRC), New Delhi on 21.10.2018 at VMKV Engineering College, Salem.
- 3<sup>rd</sup> National Conference on “ Contempo Substantial Practice and Novelty in Perioperative Prudence” on 9<sup>th</sup> & 10<sup>th</sup> October 2018 at Dhanvantri College of Nursing, Namakkal.
- 1<sup>st</sup> National Conference TNNMC 2018 on 12th may 2018

