



VINAYAKA MISSION'S
RESEARCH FOUNDATION
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VINAYAKA MISSION'S
ANNAPOORANA
COLLEGE OF NURSING

ECHOS

PSYCHIATRIC NURSING NEWSLETTER

VINAYAKA MISSION'S ANNAPOORANA
COLLEGE OF NURSING, SALEM

2022 - 2023

Catalyst

Together, we accelerate change.

Mental Health

2023



VINAYAKA MISSIONS RESEARCH FOUNDATION
DEEMED TO BE UNIVERSITY
SALEM, TAMILNADU

FROM THE HEAD OF THE INSTITUTION...

While educating the minds of our youth, we must not forget to educate their heart" - Dalai Lama

Greetings to the Department of Psychiatric Nursing for bringing out the newsletter "ECHOS". Your hard work and dedication is truly appreciated. Keep up the good work. I am so proud of all that our team has accomplished this year. We mainly focus on empowering our students and highlighting their leadership skills by providing them a platform to enhance different attributes like communication skill, team building & collaborative work, planning & strategy building, vision, persistence and determination. Our continued partnership will ensure that our pupils continue to learn, progress and reach their potential holistically!



DR.K.MAHESWARI

FROM THE HEAD OF THE DEPARTMENT...

Warm Greetings!

Department of Psychiatric Nursing, VMACON, Salem, warmly welcomes you to the Seventh edition of its Newsletter 'ECHOS'. The beginning of the academic year is at its heart, a fantasy of newness and clean slates of the chance to do things differently and with more attention to purpose. You should all be proud of your efforts. We wouldn't be where we are today without each and every one of you. Thank you for making us successful.

Happy Reading...!



DR.R.NAGANANDINI

What's Inside...

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

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.*

Academic Calendar - 2023 - 2024

S.No	Date	Programme
1	21.09.2023	World Alzheimer's Day
2	10.10.2023	World Mental Health Day
3	24.11.2023	Guest Lecture
4	11.12.2023	JCP
5	10.03.2024	CNE
6	17.04.2024	Guest Lecture
7	07.06.2024	JCP
8	26.06.2024	International Day Against Drug Abuse & Illicit Trafficking

STUDENTS DESK

Nursing students from III year B.Sc. (Nursing) has attended field visit training on 21st September 2022 at Annai Therasa Illam, Missionaries of Charity, Alagapuram.. Students were assessed the health status of oldage people and given counseling based on their needs. They have learned regarding the management and facilities provided for old age people.



Nursing students from III year B.Sc (N) has participated in psychiatric Quiz Competition 2023 conducted by Athma Center, at Thrichirapalli on 11.03.2023



Nursing students from III year B.Sc. (Nursing) has attended field visit training on 10th October 2022 at Ecomwel Orthopaedic Centre, Tharamangalam, Salem. Students were assessed the mental health status among special children in different age groups. Followed by psychodrama and brain teaser activities conducted for special children to boost their attention

AWARENESS PROGRAMME



An Awareness rally was conducted on 26.06.2023 in lieu of "International Day against Drug Abuse and Illicit Trafficking" from Attayampatti Bus stand to Arul Jothi Nursing Home, Attayampatti, Salem. Rally was flagged off by Chief guest was Mr. Amala Adwin, Deputy Superintendent of Police (Rural) and Mrs.M. Amsavalli, Inspector of Police, Attayampatti Police station. Presided by Dr.K.Maheswari, Principal, VMACON, Salem. The student volunteers were enthusiastically shouting slogans and singing poems, songs on effects of drug abuse on individual, family and society. Pamphlets were distributed to public on awareness of drug abuse.



An awareness campaign through assessment of mental health status among special children in different age groups in lieu of "World Mental Health Day" on 10.10.2022 at Ecomwel Orthopaedic Centre, Tharamangalam, Salem. Programme was inaugurated by Mr. A. Lawrance, Director with the presence of Ms. M.Juliet, Secretary and Ms. S. Arokiamary, Head Mistress, Ecomwel Orthopaedic Centre, Tharamangalam, Salem. Followed by psychodrama and brain teaser activities conducted for special children to boost their attention



An Awareness campaign through memory screening followed by individual health education regarding preventive care of Dementia during elderly people in lieu of World Alzheimer's Day on 21.09.2022 at Annai Therasa Illam, Missionaries of Charity, Alagapuram. Programme was inaugurated by Ms.Lia Rose, The General Secretary, Annai Therasa Illam, Missionaries of Charity, and Dr.K.Maheswari, Principal, Vinayaka Mission's Annapoorana College of Nursing, Salem.



STAFF DEVELOPMENT PROGRAMME

ORGANIZED BRILLIANT CNE

Continuing Nursing Education Programme on "Contemporary Practice in Forensic Psychiatric Nursing" regarding 10.03.2023 at VMACON Auditorium. Guest speaker was Dr.A.Isaimozhi, MBBS, DPM (Psychiatry), Department of Psychiatry, VMKMCH, Salem. Resource persons delivered the lecture regarding the Acts related to psychiatry, Legal responsibilities of a mentally ill patients and Legal & Ethical Issues in psychiatric nursing. Sessions were interactive and informative to all the participants.



GUEST LECTURE

Guest Lecture on "Recent Trends in Therapeutic Approaches to Neurocognitive Disorders" was organized on 09th November 2022. Guest speaker was Prof.S.Balachandar, M.Sc. (N) SCPM College of Nursing and Paramedical Sciences, Gonda, Uttar Pradesh and He explained in detail about the advanced treatment modalities for Neurocognitive Disorders in Clinical and community settings.



Guest Lecture on "Community mental health services in India: Challenges and Innovations" was organized on 17th April 2023. Guest Speaker was Prof.M.Pricy Monica, M.Sc.(N), Swami Vivekananda College of Nursing, Dharmapuri and She explained in detail about the mental health services for psychiatric patients in India.

FACULTY DEVELOPMENT PROGRAMME

Faculty Development Programme regarding Enhancing Emotional Intelligence on 20th February 2023. The resource person was Mr.K.Sathish.M.Sc (Clinical Psy).. Clinical Psychologist, Beautiful Mind Clinic, Seerangapalayam, Salem. He has explained about the components of emotional intelligence and ways to integrate emotional intelligence into daily thinking.



JOURNAL CLUB PRESENTATIONS

Mr.K.Balasubramanian, Assistant Professor, Department of Psychiatric Nursing, Vinayaka Mission's Annapoorana College of Nursing, Salem, organized a Journal Club Presentation on "Aquarium therapy on Human Health and wellbeing" on 09.12.2022. It is an animal assisted therapy, where it is interacting with fish, which promotes the feeling of wellbeing and positive effect of mental health.



Mr.N.Loganathan, Assistant Professor, Department of Psychiatric Nursing, Vinayaka Mission's Annapoorana College of Nursing, Salem, organized a Journal Club Presentation on "Stendhal Syndrome" on 09.06.2023. Stendhal syndrome is a psychosomatic [mental and physical] response experienced while facing esthetic beauty but not natural beauty

Congratulations to B.Sc (N)
III year Students for 99%
result in Mental Health
Nursing Examination



MHN SUBJECT TOPPER



Keerthiga. V
First Mark



Dona Shaji
First Mark



Bharathi Kumari
Second Mark



Bini Sara Thamos
Third Mark

FACULTY ENRICHMENT

Dr. R.Naganandini, Associate Professor, Dr.K. Balasubramanian, Assistant Professor, Mr.N.Loganathan, Assistant Professor., has participated as a delegates in the Mental Health Self-Care Workshop Organized by Tamilnadu Nurses and Midwives Council on 27th and 28th June 2023.



Mr. K. Balasubramanian has presented her Ph. D Viva Voce on 13th June 2023 and awarded Doctorate in Nursing.

Dr. R.Naganandini, HOD & Associate Professor, has received best Nursing Faculty Award 2023 by Eduved Foundation for Academic and Research registered under Government of india on 12th May 2023.



Dr. R.Naganandini, Associate Professor, has been as Resource Person in National Level Conference on Emerging Emergencies and Role of Nurses in Current Management organized by Anbu College of Nursing, Komarapalayam, Namakkal on 17.06.2023



Dr. R.Naganandini, Associate Professor, has been as TNMC Observer in State Level Seminar on Solving Children Health Issues by Health Care Professional organized by Sri Bharani College of Nursing, Salem on 03.09.2022

Dr. R.Naganandini, Associate Professor, has been as Resource Person in National Level Conference on Psychotherapeutical Approaches be Ventilated organized by Sri Gokulam College of Nursing, Salem on 15.10.2022



Dr. R.Naganandini, Associate Professor, has been as Resource Person in State Level Conference on Adolescent Mental Health: Preparing for Lifelong Wellness organized by Dhanvantri College of Nursing, Namakkal on 15.07.2022

RESEARCH PUBLICATION

✿ Mr.K.Balasubramanian, Assistant Professor, Has published a research article on

"A pilot study to assess the effectiveness of coping strategies on quality of life among staff nurses working in selected hospitals". Journal of positive school psychology. Vol.06(7), ISSN 2717-7564, 2022.

"Assess the quality of life of staff nurses working in selected hospitals", Tamilnadu. Vol.13, Issue 75, December 2022.

"A pilot study to assess the effectiveness of MET (Motivational enhancement therapy on coping among nurses working in selected hospital". International journal of food and nutritional sciences. Vol.II, Issues 8, December 2022.


WORK TOGETHER

SL.NO	FACULTY NAME	POSITION	COMMITTEE
1.	Dr. R.Naganandini	Coordinator	Internal Quality Assurance Cell (IQAC)
			NIRF
			AISHE
			UTSAH
		Member	Students grievance cell
			Institution Innovation Cell
			Counselling cell
			Research & CNE cell
			Library committee
			Website committee
			Mentoring committee
2.	Dr.K. Balasubramanian	Coordinator	Magazine Committee
		Member	Swayam Cell
3.	Mr.N.Loganathan	Faculty adviser	Anti ragging Committee
			Sports committee
4.	Mrs. K.R. Prabha	Faculty adviser	EVS Club/ Environment committee
		Coordinator	Counselling Cell
		Member	Magazine Committee
			Health Committee


OUR TEAM

- ✿ Dr. R. Naganandini, HOD & Associate Professor
- ✿ Dr. K. Balasubramanian, Assistant Professor
- ✿ Mr. N. Loganathan, Assistant Professor
- ✿ Ms. K. Kalaivani, Tutor
- ✿ Mr. G. Eniya Anbu, Tutor
- ✿ Mr. S. Mohanraj, Tutor
- ✿ Mrs. K.R. Prabha, Lecturer



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

Further details,

Contact: email; vmaconmhn2000@gmail.com