



VINAYAKA MISSION'S
ANNAPOORANA
COLLEGE OF NURSING



VINAYAKA MISSION'S
RESEARCH FOUNDATION
(Deemed to be University under section 3 of the UGC Act 1956)

**ALUMNI ASSOCIATION,
VINAYAKA MISSION'S ANNAPOORANA COLLEGE OF NURSING,
SALEM**

Registered under The Tamilnadu Societies
Registration Act, 1975 (Tamilnadu Act 27 of 1975)

ALUMNI NEWSLETTER – 2024 - 2025



**SALUTE TO ALL NURSES AND
THEIR HARD WORK**

VMA CON ALUMNI ASSOCIATION – NEWS LETTER, 2024 - 2025



VINAYAKA MISSION'S
**ANNAPOORANA
COLLEGE OF NURSING**

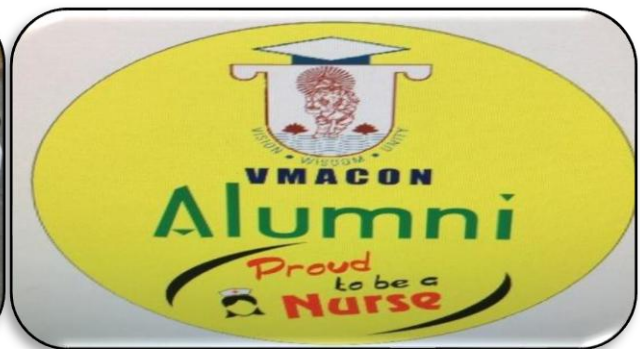
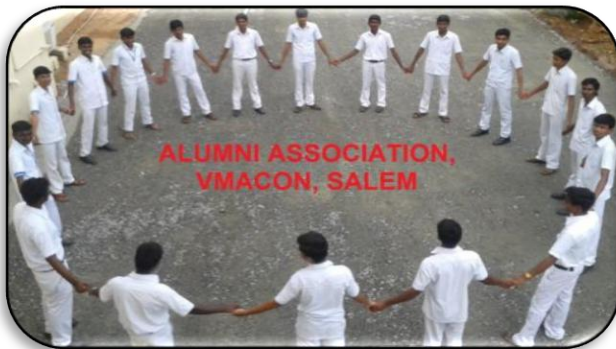


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Newsletter-2024-2025

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As a nurse we have opportunity to heal the mind, soul, heart and anybody our patient, their families and ourselves. They may forget your name but they will never forget how you made them feel. **"Pride yourself**

REFLECTION OF VMACON

An outlook of VMACON alumni association during annual alumni meet -2024;

- ✓ Vinayaka Mission's Annapoorana College of Nursing, Salem, conducted Annual Alumni Meet on 23.08.2024. Chief guest Mr. Arun S Perumanath, Associate Professor, RAAK Nursing and Paramedical College, Puducherry, and alumni association president Dr.K.Maheswari, Principal, VMACON, Salem, inaugurated and released Alumni Newsletter-2023-24.
- ✓ Alumni report was presented by Mr. N. Loganathan, Alumni Secretary.
- ✓ A Seminar on "Carrier Guidance" was dealt by Mr. R. Gopal, Vice Principal, Mahsana District Bank of Nursing College, Lions Hospital, Gujarat (Alumni of VMACON), various cultural activities and games conducted for the alumni members. The members were participated enthusiastically in the entire programme.
- ✓ Prizes were distributed to the winners of competition. The Alumni members shared their thoughts and opinion. The Alumni members shared their thoughts and opinion.
- ✓ General body meeting was held to discuss forthcoming activities of alumni association.



REFLECTION OF VMACON

Sl. No	Name of the post	Committee members	Mobile No.& e.mail Id
01.	President	Prof. Dr. K. Maheswari, Vice Principal, Vinayaka Mission's Annapoorana College of Nursing, Salem.	6369300891 maheshsenthil@yahoo.com
02.	Vice President	Dr. Walter Jaisingh, Chairman, Varalakshmi College of Nursing, MS Paramedical Sciences, MS College of Commerce, MS PU College, Bangalore	9900280118 mountshepherd18@gmail.com
03.	General Secretary	Dr. S. Lakshmi Prabha, Associate Professor, Vinayaka Mission's Annapoorana College of Nursing, Salem.	8778674114 lakshmiprabha1978@gmail.com
04.	Joint Secretary	Mr. Roby Varghese, Director of Nursing Uniting Age well Andrew Kerr Care Mornington, Victoria, Australia	64221034178 robychu@gmail.com
05.	Treasurer	Dr. A. Prabhakaran, Assistant Professor, Vinayaka Mission's Annapoorana College of Nursing, Salem.	9043433402 prabhakaranyellow5@gmail.com
06.	Joint Treasurer	Mrs. S. Shanmuga Priya, Principal, St. Bony white College of Nursing, Salem.	9894332201 shanmugapriyasuresh1979@gmail.com
07.	Programme Committee Chair person	Mrs. K. Vijayalakshmi, Vice Principal, Shiv Parvathi Mandradiar College of Nursing, Palayamkottai	9865567174 rishiyazhu2010@gmail.com
08.	Educational Programme Committee Chair person	Mrs. R. Indhumathi, Assistant Professor, Vinayaka Mission's Annapoorana College of Nursing, Salem.	9500705750 indhuselva3@gmail.com

OUR ALUMNI ACHIEVERS-2025

<i>Year</i>	<i>Name of the Alumni</i>	<i>Award</i>	<i>Awarded by</i>
05.09.2025	Dr.N.Balasubramanian	BEST TEACHER AWARD	GIAR Academic Foundation
15.08.2025	Dr. Mahalingam V	BEST EDUCATOR NURSING EDUCATION	NIMS, Bhubaneswar
12.05.2025	Mr. Manikandan M	BEST NURSE AWARD	Indian medical Association, Salem



OUR ALUMNI ACHIEVERS-2025



Dr. Mahalingam Venkateshan

On the auspicious occasion of the 79th Independence Day Celebration 2025, it is with great honour and pride that we present the title of **“Best Educator in Nursing Education, Odisha”** to **Dr. Mahalingam Venkateshan**.

His contributions extend beyond classroom instruction, encompassing curriculum development, research initiatives, and active involvement in policy-level discussions aimed at strengthening nursing education within the state. By nurturing critical thinking, professional ethics, and clinical competence, he elevated the standards of nursing education and significantly influenced the growth of healthcare services in Odisha.

This recognition is a fitting tribute to his outstanding service, steadfast dedication, and transformative impact on the nursing fraternity. The honour reflects the gratitude of both the academic and healthcare communities for his invaluable role in advancing the field and building a strong foundation for the future of nursing in Odisha.



REFLECTION OF VMACON Alumni Guest Lecture Series



Vinayaka Mission's Annapoorana College of Nursing, Salem, organized *One Alumni: One Month Guest Lecture Series* on 03.05.2025 at VMACON Auditorium. Dr. Neela, Founder & CEO, Bothizen Academy, Dharmapuri Dealt about "Slumber Struggle". Session was very much interactive and informative to all the participants.



Vinayaka Mission's Annapoorana College of Nursing, Salem, organized "One Alumni One Month Guest Lecture Series" on 05.04.2025 at VMACON Auditorium. Mr. Lijin James, Director & Co Founder, CareH Pvt Ltd and Workforce Solutions, New South Wales, Australia, Dealt about "Nursing Challenges and Opportunities towards 2030". Session was very much interactive and informative to all the participants.



Alumni Association of Vinayaka Mission's Annapoorana College of Nursing, Salem has organized Alumni Guest Lecture on "Nursing leadership in the 21st Century" on 13.11.2024. Our Alumni Guest speaker Mrs. Soniya Jacob, Registered Nurse, White Wings Health Center, Abu Dhabi, U.A.E. shared her knowledge with the students through online platform. Third year B.Sc Nursing Students were participated enthusiastically in the entire programme and benefited through the programme.



Alumni Association of VMACON, Salem has organized a Seminar on "Carrier Guidance" on 23.08.2024 was dealt by Mr. R. Gopal, Vice Principal, Mahsana District Bank of Nursing College, Lions Hospital, Gujarat. (Alumni of VMACON), all the members were participated enthusiastically in the entire programme and benefited through the programme.

REFLECTION OF VMACON Journal Club Presentation



Dr. R. Naganandini, Associate Professor and HOD, Department of Psychiatric Nursing, Vinayaka Mission's Annapoorana College of Nursing, Salem, organized a Journal Club Presentation and presented a journal article on "Eco Anxiety Disorder". This is an emerging psychological condition which is associated with increasing concerns about environmental degradation and climate change. Management strategies include Cognitive Behaviour Therapy (CBT), mindfulness, psychoeducation and promoting social and environmental engagement.

The Department of Medical Surgical Nursing, Vinayaka Mission's Annapoorana College of Nursing, Salem, has organized a Journal Club Presentation on "Cinderella Complex Syndrome" on 08.05.2025. Mrs. R. Indhumathi, Asst Professor, VMACON, Salem was the presenter. Cinderella Complex Syndrome refers to an unconscious desire, typically in women for dependence and rescue by a strong, protective figure. She has mentioned the causes, symptoms and management of the disease condition with case examples.



Department of Community Health Nursing, Vinayaka Mission's Annapoorana College of Nursing, Salem, organized a Journal Club Presentation on "Text Neck Syndrome". It is repetitive stress injury to the neck caused by having your head in a forward position for extended period. The forward pending posture affects the curvature of the cervical spine, the neck and shoulder muscles and supporting ligaments. It leads to severe pain in the neck and shoulders. Some exercises that could prevent Text Neck Syndrome such as Chin tuck, Foam Rolling and Stretching exercises.

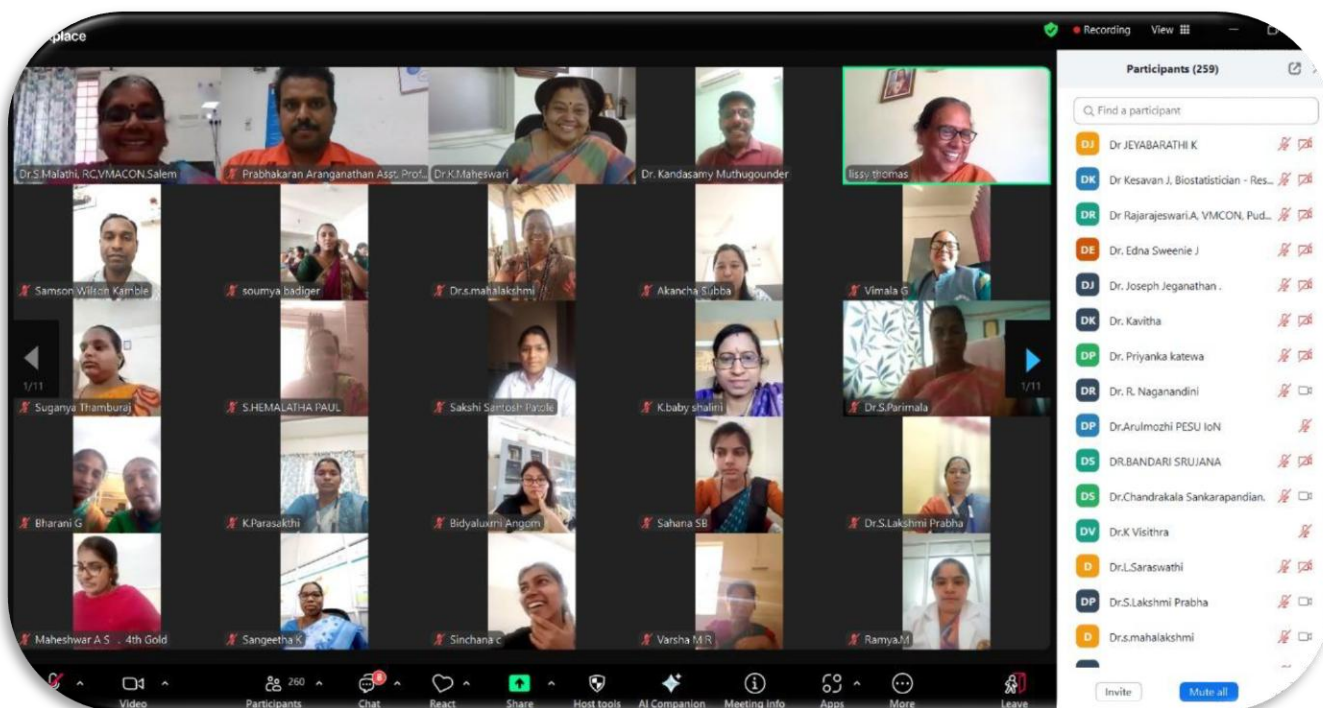


ANNUAL DAY – ASCON FIESTA – 2023



The College Annual Day "ASCON FIESTA - 2025" was celebrated on 09.05.2025 at VMACON Auditorium. Holy lamp was enlightened by all the dignitaries. Magazine - 2025 was released by the Chief guest Mrs. M.Iniyaval, Principal, Govt. College of Nursing, Govt. Mohan Kumaramangalam Medical College, Salem and the first copy of the magazine was received by Guest of honor Dr.S.Mohana Venkatachalapathy, M.B.B.S., DPM, FIPS, Founder & Director, Senior Consultant Psychiatrist, Manoraksha Mental Health centre, Salem. Dr.K.Maheswari, Principal, Vinayaka Mission's Annapoorana College of Nursing has presented the Annual Report. Prizes were distributed to winners of academics, intercollegiate program, cultural and sports. Faculties were appreciated for their extraordinary work performance. Cultural programmes were performed by the students. The programme was ended with national anthem.

INTERNATIONAL WEBINAR ON "RESEARCH INFORMATICS: - FOSTERING A CULTURE OF CONTINUOUS RESEARCH IN NURSING"



Department of Community Health Nursing organized International Webinar regarding **"RESEARCH INFORMATICS:- FOSTERING A CULTURE OF CONTINUOUS RESEARCH IN NURSING"** on 28th & 29th March 2025. The Chief Guest was Prof. Dr. S.A.V. Satya Murty, Director, Research VMRF- DU and Guest of honour Dr. Thangadurai, Additional Director - Research, VMRF-DU addressed the gathering, Dr. K. Maheswari, Principal, unfolding the theme.

The scientific session was started on "Key Components of Nursing Research and Strategic Blue Printing of Research Design" by Dr. Kandasamy Muthugounder, Asso. Professor, College of Nursing, Khamis Mushait, King Khalid University, Abha, Kingdom of Saudi Arabia. Followed by "Sampling Techniques and Role of Artificial intelligence in Data Collection" was dealt by Dr. Chandrakala.S, Professor, College of Nursing, Princess Noura Bint Abdul Rahman University, Saudi Arabia. Dr. B. Janarthanam, faculty (Psychiatric Nursing) College of Nursing, JIPMER, Puducherry, dealt on "How to Overcome the Problems of Publications in Indexed Journals and Effective Drafting of Research Proposal".

The Scientific session II was started by Dr.Thangadurai.N, Additional Director - Research, VMRF-DU, on "Ethical Consideration in Nursing Research including Plagiarism" followed by Dr. Kesavan J, Biostatistician - Research VMRF-DU dealt about "Basic Statistics and Data Analysis". All the Sessions were very much interactive and informative to all the participants.

Outcome: 272 participants from our state, other states and other Countries attended the programme and gained knowledge and information regarding Nursing Research. Participants given the Excellent feedback for the sessions.

NATIONAL SEMINAR REGARDING "INNOVATIVE PEDAGOGY: NEW APPROACHES TO TEACHING & LEARNING IN NURSING EDUCATION"



*Vinayaka Mission's Annapoorana College of Nursing, Salem, organized a **National Seminar** regarding "**Innovative Pedagogy: New Approaches to Teaching & Learning in Nursing Education**" on **30.11.2024**. The seminar was approved by Tamil Nadu Nurses and Midwives Council, Chennai, with 8 credit hours. Esteemed resource persons from Kerala, Karnataka, and Tamil Nadu enriched the scientific sessions, which were attended by 420 delegates from various states across India. The sessions were highly interactive and provided significant learning opportunities. The valedictory session featured Prof. Dr. S. Kadiravan, Controller of Examinations (FAC), Periyar University, Salem, as the Chief Guest. He released the seminar souvenir, which was received by the Hon'ble Thiru N. Ramasamy, Director, VMRF-DU, Salem. Dr. K. Maheswari, Principal, VMACON, Salem, organizing Chair Person, felicitated the gatherings. Dr. S. Lakshmi Prabha, HOD and Associate Professor, VMACON, Salem, delivered the welcome address. The seminar report was presented by Dr. R. Naganandini, Organizing Secretary, HOD, and Associate Professor, VMACON, Salem. Delegates and an observer from TNNMC provided positive feedback on the seminar, highlighting its effectiveness and usefulness. Participation certificates were distributed to all the delegates.*

Outcome: *The seminar was well-organized, with speakers delivering clear and insightful presentations. It served as a valuable professional development opportunity for nurses, advancing innovative teaching and learning practices in nursing education.*

NEP STUDENTS CLUB EXHIBITION





An NEP Exhibition on "Vintage Voyage" was organized on 11.06.2025 at VMACON auditorium. Dr. A. Rajan Samuel, Director Academics, VMRF-DU and Dr.K.Maheswari, Principal, VMACON were inaugurated the event. The students were exhibited various aspects of Indian Knowledge system like Ancient Indian Home Remedies, Indian Vinatge Kitchen Tools and Techniques, Handcrafted Heritage, Traditional Beauty and skin care, Traditional wellness Rituals, Antique Indian Textiles and Handloom stories, Easy cooking, old Rituals items, home shrines, Village through Antique Eyes. The exhibition helps to know the threads of culture and makes everyone familiar with reminiscent ancient period.

Outcome: Around 700 students explored the exhibition with interest from constitute colleges of VMRF-DU and Govt Mohan Kumaramangalam Nursing College, Salem and gained knowledge.

INTERNATIONAL DAY OF YOGA



Student Council and National Service Scheme of Vinayaka Mission's Annapoorana College of Nursing, Salem, as part of the Silver Jubilee Year Celebrations of Vinayaka Mission's Research Foundation (Deemed to be University), the student Council of Vinayaka Mission's Annapoorana College of Nursing, Salem, organized a series of events from 17.06.2025 to 21.06.2025 in observance of the International Day of Yoga (IDY) 2025. The events included a grand Awareness Rally, Workshop, and Mass Yoga Demonstration. The Awareness Rally was held on 17.06.2025 starting from Vinayaka Mission's Dental College and proceeding to Chinnaseeragapadi. The event was inaugurated by Prof. Dr. P.K. Sudhir, Vice Chancellor, VMRF-DU, Salem.

A Workshop titled "Yoga and its Therapeutic Benefits" was conducted on 18.06.2025 at the VMKVEC Campus, Salem. Resource Person Dr. P.P. Sheela Joice, Professor, Vinayaka Mission's Kirupananda Variyar Medical College and Hospital, Salem, on 21.06.2025 a Mass Yoga Demonstration conducted at the VMKVMCH playground by Mr. M. Marimuthu, Yogachariyar and Secretary, Salem District Yogasana Association.

INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING



The Department of Psychiatric Nursing organized an awareness rally on 26th June 2025 to mark the “International Day Against Drug Abuse and Illicit Trafficking”. The rally was flagged off by Thiru. V. Krishnan, Sub Inspector of Police, Attayampatti Police Station, Attayampatti, Salem. The rally witnessed enthusiastic participation from student volunteers, who raised powerful slogans on highlighting the harmful effects of drug abuse on individuals, families, and society. Informative pamphlets were also distributed to the public to spread awareness about the dangers of substance abuse. A total of 100 students and three faculty members actively participated in the rally. The rally commenced from Attayampatti Bus Stand and concluded at Arul Jothi Nursing Home, Attayampatti, Salem.

Outcome: The event successfully created public awareness about the adverse consequences of drug abuse and reinforced the importance of prevention and community engagement.



Students Council celebrated the International Nurses Day. The speech was given by B.Sc.(N) students. Prof.Dr.K.Maheswari, Principal, VMACON, Salem, addressed the gathering. Cake cutting was done by all the nurses and future nurses. Nursing superintendent and other nurses of VMKV Medical College Hospital, Salem, was honoured. Students performed cultural activities. The Programme was ended with National Anthem.

The Students Council organized "World Health Day" celebrating its Silver Jubilee year and to mark this occasion Health talk was given based on the theme "Healthy Beginnings Hopeful Futures" on 07.04.2025 at Samathuvapuram, Chinnaseeragapadi. SNA Executive addressed the gathering. Nursing volunteers have enlightened the importance of Health through Health Talk. Health camp was conducted, around 40 people were participated and got benefited



Theme: "Yes! We can end TB: Commit Invest Deliver".
Department of Community Health Nursing and National Service Scheme organised an awareness rally on the occasion of "World Tuberculosis Day" on 24.05.2025. Dr.P.Muthusamy, M.B.B.S Medical Officer, Upgraded Primary Health Centre, Magudanchavadi, Salem, flagged off the rally. The student volunteers distributed the pamphlets and taken pledge based on the theme.
Outcome: Faculty members and 98 students participated in the programme and created awareness on Tuberculosis and its treatment.





The Department of Medical Surgical Nursing has organised a Health Awareness Programme in the lieu of “World Cancer Day” on 04.02.2025 at Seeragapadi, Salem. A health awareness talk on Cancer prevention and Early detection was conducted for the public by M.Sc. Nursing Students. The session covered Risk factors, Symptoms, Screening and Lifestyle modifications to reduce Cancer risk. They emphasized the importance of early diagnosis and regular health check-ups.



Lamp Lighting Ceremony was conducted in Vinayaka Mission's Annapoorana College of Nursing, Salem on 05.12.2024. The chief guest Dr. N. Sumathi, Maternal and Child Health Officer, Salem Corporation, Salem, addressed the gathering. Lighted Lamps were given to the freshers (1-year B.Sc. (N) and DGNM) by the dignitaries. Nightingale pledge was delivered by Dr.K.Maheswari, Principal, Vinayaka Mission's Annapoorana College of Nursing, Salem. The programme was end up with vote of thanks given by Dr. S. Lakshmi Prabha, HOD of Medical Surgical Nursing. The event was a resounding success with outstanding cultural performance of students and engaging audience.

WORLD AIDS DAY



Red Ribbon Club and Community Health Nursing department organized an awareness campaign in the eve of "World Aids Day" on 02.12.2024 by District AIDS Prevention and Control Unit, at District Collectorate, Salem. 140 students were participated in rally regarding prevention of AIDS. It was inaugurated by Dr. R. Brindha Devi, IAS, District Collector, Salem.

***Outcome:** Dedicated service was appreciated by District Collector, received Award and appreciation Certificate.*

WORLD DIABETIC DAY NATIONAL LEVEL POSTER COMPETITION



The Department of Medical Surgical Nursing, Vinayaka Mission's Annapoorana College of Nursing, Salem, conducted National Level Poster Competition on the eve of "World Diabetic Day" on 14.11.2024 at VMACON auditorium. Dr. A. Rajan Samuel, Director Academics, VMRF (DU) and Dr. Sangeetha, HOD, Community Medicine, VMKV Medical College and Hospital, Salem, were the Juries. Dr.K.Maheswari, Principal, VMACON inaugurated the event. The rubrics of the judgement were done by relevance to the theme, originality, creativity and the message conveyed by the poster. The Winners selected were,

- 1. I Prize - Ms. Ayana Chacko, III - B.Sc. Nursing, Sri Gokulam College of Nursing, Salem.*
- 2. II Prize- Ms. Deeksha A, II - B.Sc. Nursing, Narayana Hrudayalaya College of Nursing, Bangalore.*
- 3. III Prize- Ms. A. Sivalakshmi, III - B.Sc. Nursing, St Ann's College of Nursing, Thoothukudi.*

Outcome: *Around 140 students participated with interest from various colleges in India*

WORLD MENTAL HEALTH DAY CELEBRATION



Theme: “Mental Health at Work: It is Time to Prioritise Mental Health in the Workplace” On October 5, 2024, the Department of Psychiatric Nursing organized a Workplace Wellbeing Expo at VMACON Auditorium, Salem, in lieu of World Mental Health Day. This initiative aimed to raise awareness about mental health in the workplace, emphasizing its importance in fostering a healthy and productive environment. The expo was inaugurated by Chief guest, Prof. Dr. B. Sridhar Reddy, Director (Accreditation and Ranking), VMRF-DU, Salem, along with the Guest of Honour, Dr. Lakshmi Dorai B, Professor and HOD, Department of Psychiatry at VMKV Medical College and Hospital, Salem, with the presence of Dr. K. Maheswari, Principal, Vinayaka Mission's Annapoorana College of Nursing, Salem. The expo featured various booths showcasing innovative mental health promotion strategies and resources. Informative brochures and materials were distributed to all participants, providing essential tips for maintaining mental well-being at work.

Outcome: The expo achieved remarkable success, with active participation from students, faculty members, and non-teaching staffs. Participants gained valuable insights into mental health promotion strategies that they can incorporate into their daily lives. By emphasizing the importance of mental health, everyone can play a vital role in enhancing the overall well-being of both academic and professional environments.

WORLD HEART DAY



Theme: Motivate Individuals to look after their Heart Health.

Venue: Power walk started from Salem Corporation office via Old Bus Stand to Salem Corporation. **Date:** 27.09.2024

The Department of Medical Surgical Nursing has organised "Heart - Athon" (Power Walk) in the lieu of "World Heart Day". The chief guest was Mayor Thiru A. Ramachandran and Guest of honour, Commissioner Thiru. Ranjeet Singh, I.A.S and Dr. K. Maheswari, Principal, VMACON were inaugurated the Powerwalk. The students created Awareness by carrying placards regarding slogans of preventing cardiac diseases and red heart balloons symbolizing Healthy Heart.

Outcome: Around 210 Students were participated and given awareness to the public.

WORLD BREAST FEEDING WEEK (01.08.2024 to 07.08.2024)



01-Aug-2024 10:42:30 am
13/2 Valmiki Street
Suramangalam
Salem
Tamil Nadu



02-Aug-2024 10:55:12 am
13/2 Valmiki Street
Suramangalam
Salem
Tamil Nadu

Dept of Obstetrics and Gynaecological Nursing and Child Health Nursing of Vinayaka Mission's Annapoorna College of Nursing was celebrated "World Breast Feeding Week" on 01.08.2024 to 07.08.2024, at Urban Maternity Centre Suramangalam, Salem. The Chief Guest was Dr. Keerthi, M.B.B.S, Medical Officer, Suramangalam, Salem. In the presence of Prof. Dr.K.Maheswari, Principal, VMACON, Salem. Nutritional Exhibition, Short Film, poster presentation, Speech and Health Counseling was done based on the theme.

Outcome: *Around 50 antenatal and 45 postnatal mothers participated and benefited through this programme.*

GRADUATION CEREMONY- 2024



Graduation Ceremony was conducted on 23.08.2024, at 12.15pm in Vinayaka Missions Annapoorna College of Nursing, Salem. Chief Guest Dr. Mohan, City Health Officer, Salem Corporation, Salem. Guest of honour Mrs. N. Sumathi, Maternal and Child Health Officer, Salem Corporation, Salem, and Mr. N. Ramasamy, Director, VMRF-DU, Salem, distributed the graduation certificates. Prof.Dr.K.Maheswari, Principal Administered the pledge to the degree holders. The programme was ended with National Anthem.

Communicate with us;

Visit alumni



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Don't forget to checkout our recently updated website to find information on our undergraduate program, postgraduate program, Faculty, Labs, Continuous nursing education

CONTACT US

E Mail:

vmaconalumniassociation @ gmail.com

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**8778674114;
9043433402**



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