



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

2023 - 2024

Catalyst

Together, we accelerate change.



Mental Health Nursing

YOU DONT HAVE TO STRUGLE IN SILENCE | 2023- 2024



VINAYAKA MISSIONS RESEARCH FOUNDATION
DEEMED TO BE UNIVERSITY
SALEM, TAMILNADU

Warm Greetings!

The 2023-2024 academic year has been a remarkable period of growth and achievement for the Psychiatric Nursing Department at VMACON. The department has made significant strides in enhancing training programs. Through community outreach and professional development initiatives, the department has fostered student engagement. We are proud of these accomplishments and look forward to continued excellence in psychiatric nursing education and practice.



DR.K.MAHESWARI

Hearty Greetings!

Reflecting on the 2023-2024 academic year, I am filled with pride in the remarkable progress made by the Psychiatric Nursing Department. Our students and faculty have demonstrated unwavering dedication, resulting in significant strides in strengthening the departmental activities. Our students' involvement in community outreach, raising mental health awareness in underserved populations, has been truly inspiring.

With enthusiasm for the future, I look forward to another year of success and growth



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 - 2024 - 2025

S.No	Date	Programme
1	21.09.2024	World Alzheimer's Day
2	10.10.2024	World Mental Health Day
3	25.11.2024	Guest Lecture
4	11.12.2024	JCP
5	10.03.2025	CNE
6	17.04.2025	Guest Lecture
7	10.06.2025	JCP
8	26.06.2025	International Day Against Drug Abuse & Illicit Trafficking

STUDENTS DESK

Nursing students from III year B.Sc. (Nursing) & I year M.Sc (Nursing) has attended field visit training on 21st September 2023 at Life trust destitute old age home, Uthamasolapuram, Salem. Students conducted Memory Screening for the elderly people followed by individual health education regarding the home care management of old age people with Dementia.



Nursing students from III year B.Sc. (Nursing) & I year M.Sc (Nursing) has attended field visit training on 29th June 2024 at Ecomwel Orthopaedic Centre, Tharamangalam, Salem as a part of their Mental Retardation Centre visit. Students conducted brain teaser activities for special children to boost their attention. They have learned regarding the management and facilities provided for the special children.

AWARENESS PROGRAMME



An awareness rally was conducted on the occasion of "International Day against Drug Abuse and Illicit Trafficking" on 26.06.2024. Tmt. P. Indrani, Inspector of Police, Attayampatti, flagged off the rally with the presence of Mr. M. M. Kamaraj, Sub Inspector of police, Attayampatti station and Dr. K. Maheswari, Principal, VMAON, 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. Three Faculty members and 98 students participated in the rally. Rally started from Attayampatti Bus stand to Arul Jothi Nursing Home, Attayampatti, Salem to create awareness on adverse effects of drug abuse.

An awareness campaign through exhibition and video presentation for school students in lieu of "World Mental Health Day" on 10.10.2023 at Government High School, Chinnaseeragapadi, Salem. Awareness exhibition was inaugurated by Thirumathi.Lalitha, Head Mistress, Government High School, Chinnaseeragapadi, Salem with the Presence of Dr. K. Maheswari, Principal, Vinayaka Mission's Annapoorana College of Nursing, Salem. Followed by awareness video was presented to school students regarding the promotion of mental health. Six faculty members and 99 Nursing students participated in this programme.



An awareness campaign through Memory Screening followed by individual health education regarding the home care management of old age people with Dementia in lieu of World Alzheimer's day at Life trust destitute old age home, Uthamasolapuram, Salem. Around 99 student volunteers and six faculty members participated in this programme.

STAFF DEVELOPMENT PROGRAMME

ORGANIZED BRILLIANT CNE

Continuing Nursing Education Programme regarding "Advances in Management of Adolescent's Mental Health Issues" on 27.03.2024 at VMACON Auditorium. Dr. R. Naganandini, HOD & Associate Professor, Dept. of Psychiatric Nursing, VMACON, Salem, addressed the participants. Guest speakers were Mrs.P. Anussa, Nursing officer and Quality Control Manager, Thanthai Periyar Government Headquarters Hospital, Erode, Dr. K. Balasubramanian, Assistant Professor, VMACON, Salem, and Mr. N. Loganathan, Assistant Professor, VMACON, Salem, delivered the lecture regarding the Early Detection and Intervention, Telemedicine and Digital Health Solutions, Peer Support Programs, Evidence-Based Therapies and Preventive Strategies for adolescent mental health issues respectively. Sessions were interactive and informative to all the participants.



GUEST LECTURE

Guest Lecture regarding "Women's Mental Health Issues: Perspectives on Wellbeing" on 24.11.2023. Guest Speaker was Prof. Mrs. Nadha T.F, M.Sc.(N), Alshifa College of Nursing, Malappuram, Kerala. She explained in detail about the Mental Health Problems occur among the Women's and the Preventive aspect of such problems. Session was very much interactive and informative to all the participants.



Guest Lecture regarding "Clinical Practice Guidelines for Assessment and Management of Psychiatric Emergencies" on 15.04.2024. Guest Speaker was Dr.G.Balamurugan PhD(N) Assistant Professor, NIMHANS Bangalore . He explained in detail about the various types of Psychiatric Emergencies and its management strategies. Session was very much interactive and informative to all the participants.

JOURNAL CLUB PRESENTATIONS

Dr.K.Balasubramanian, Assistant Professor, Department of Psychiatric Nursing, Vinayaka Mission's Annapoorana College of Nursing, Salem, organized a Journal Club Presentation on "Yuj Therapy for Medical and Physical Wellbeing". It is the process of empowering individuals to progress toward improved health and wellbeing through the application of asanas, pranayama and healthy diet.



Department of Psychiatric Nursing, Vinayaka Mission's Annapoorana College of Nursing, Salem, organized a Journal Club Presentation on "Apotemnophilia" on 07.06.2024. It was presented by Mr.N.Loganathan, Assistant Professor. Apotemnophilia is characterized by a desire to have a sensory or physical disability or feeling discomfort with being able-bodied, beginning in early adolescence and resulting in harmful consequences.

Congratulations to B.Sc. (N)
III - year Students for 98%
result in Mental Health
Nursing Examination



MHN SUBJECT TOPPER



Mahalakshmi P
First Mark



Sharmila M
Second Mark



Shindhu Shri R
Third Mark

FACULTY ENRICHMENT

Dr. R. Naganandini, Associate Professor, has completed Executive Programme in **Academic Leadership and Management (EPALM)** Successfully in June 2024 organised by VMRFDU, Salem.

Training of Trainers: Nurse Leaders in Simulation held from 23.11.2023 to 25.11.2023 jointly organized by TNNMC & Apollo Simulation Centre, Chennai.

NEP 2020 Orientation & Sensitization Programme under Malaviya Mission Teacher Training Programme (MM-TTP) of University Grants Commission (UGC) organized by Indian Institute of Information Technology, Design and Manufacturing, Kancheepuram, Chennai during December 13-22, 2023.



Dr. R. Naganandini, Associate Professor, has been as **Resource Person** in

- State Level Seminar on **"Turn Shadow into light - Futuristic Vision in Substance Use"** organized by Shanmuga College of Nursing, Salem on 27th September 2023
- 7th National Level Conference on **"Quality indicators in healthcare system"** organized by E. S College of Nursing, Villupuram on 5th June 2024



Dr. R. Naganandini, HDD & Associate Professor, has **presented a paper** titled

- ✿ "Impact of Parenting Style in Adolescents' Substance Use" in National Level Conference on "Facing Addiction: Vision for the Future" organized by E. S College of Nursing, Villupuram on 21st July 2023.
- ✿ "Evaluate the Patients' Satisfaction with the Quality Nursing Care and Examine Associated Factors" in International E - Conference organized by Glorious International Nursing Research and Academic (GINRA) Foundation on 8th January 2024 and received First Prize for Best Paper Award.
- ✿ "Assessing Quality Indicators in Healthcare Systems: A Comprehensive Analysis" in 7th National Level Conference on "Quality indicators in healthcare system" organized by E. S College of Nursing, Villupuram on 5th June 2024.

Mr. N. Loganathan, Assistant Professor, has been as **Resource Person** in International webinar on Research Methodology organized by ankerite international institute of medical sciences, Luknow. On 8th January 2024 and Presented the topic on "**Examine Various Sampling Techniques for Strategic Application in Research**"



RESEARCH PUBLICATION

Dr. R. Naganandini, HDD & Associate Professor, has **published a research articles** titled

- ✿ Quality Assurance in Clinical Nursing Practice in ZHUZAO/FOUNDRY Scopus indexed journal, June 2024.
- ✿ Effects of Music Therapy and Deep Relaxation Techniques for Reducing Perioperative Anxiety in Patients Undergoing Spinal Surgeries: A Randomized Controlled Trial in International Journal of All Research Education and Scientific Methods (IJARESM), February, 2024.
- ✿ A study to evaluate the effectiveness of assertiveness skill training program on level of assertiveness among primary health workers in a rural private hospital, Coimbatore in International Journal of Advanced Psychiatric Nursing, November 2023
- ✿ Assertiveness a Feather to the Image of Nurses in Health Journal on November 2023.



WORK TOGETHER

SL.NO	FACULTY NAME	POSITION	COMMITTEE
1.	Dr. R.Naganandini	Coordinator	IQAC
			NIRF
			AISHE
			UTSAH
		Member	Students grievance cell
			IIC cell
			Counselling cell
			Research & CNE cell
			Library committee
			Website committee
			Mentoring committee
			Alumni association
			Anti ragging committee
2.	Dr.K. Balasubramanian	Coordinator	Magazine Committee
			Swayam Cell
		Member	Anti ragging Committee
			Sports committee
3.	Mr.N.Loganathan	Faculty adviser	EVS Club/ Environment committee
		Coordinator	e-Content Development
4.	Mrs. K.R. Prabha	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. Eniya Anbu, Tutor
- ✿ Mr.Mohanraj, Tutor
- ✿ Mr. P. Karthick, Tutor
- ✿ Mrs. KR. Prabha, Lecturer in Psychology



Our team attended many online courses, Faculty Development Programme and Webinars

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

Further details, Contact: email; vmaconmhn2000@gmail.com