



ST.JAMES COLLEGE OF NURSING

St. James Medical Academy
RIVER BANK, CHALAKUDY- 680307

(Affiliated to Kerala University Of Health Sciences,
Kerala Nurses and Midwives Council ,Indian Nursing Council)



THE JAMESIAN COMUNIQUE

2024



JULY-DECEMBER 2024

NUTRITION AWARENESS PROGRAM

As part of the community health nursing posting, the Vth semester B.Sc. Nursing students of St. James College of Nursing conducted a nutritional program titled "NUTRI NUTURE" on 06/07/24 at the Anganwadi (15th ward), Chalakudy, alongside faculty member Sr. Jyothi Grace. During the program, we provided health education on the importance of a balanced diet to both children and their parents. Additionally, we distributed Bengal Gram Ladoo and Carrot Halwa, explaining their nutritional value. The program concluded at 4:00 pm.



ZONAL ARTS COMPETITONS

The SNA North Zone Cultural Competitions, “**Malhar,**” were held at Seventh Day Adventist College of Nursing, Ottapalam, on July 10 and 11, 2024. Various cultural competition including pencil sketch, Rangoli, and monoact Malayalam was organized from our campus. Ms. Dibiya Sabu, a 2020 BSc Nursing student, won first prize in the pencil sketch competition, while Ms. Nandhana K.J, also from the 2020 BSc Nursing batch, secured second prize in the Rangoli competition.



NUTRITIONAL PROGRAM

The Nursing Foundation Department organized a nutrition program titled "NUTRICA", which was held from July 11 to July 13, 2024, as part of a nutritional education initiative. The program aimed to raise awareness about proper nutrition and promote healthy dietary practices among participants. The event focused on educating the importance of a balanced diet for different population groups.



ANTI-DRUG AWARENESS PROGRAM

The Second year PBBSc nursing students (2022 Batch) of St. James college of Nursing, Chalakudy conducted an awareness programme on food borne diseases at THQH, Chalakudy. It was organized on 22/07/2024 from 9.30- 11.00am. The class was mainly focusing on the preventive and curative aspects of food borne diseases. There were 35 participants and the class were winded up at 11am.



BREASTFEEDING WEEK CELEBRATION

A breastfeeding awareness session was held on August 5, 2024, at the Anganwadi in Poolany, Melloor, as the part of Breastfeeding Week activities. Organized by the OBG Department, the session aimed to educate mothers and caregivers about the benefits of breastfeeding, proper techniques, and its critical role in promoting infant health and development



ORS DAY CELEBRATION

As part of Oral Rehydration Day celebrations, the Department of Child Health and the Post Basic BSc Nursing 2023 batch conducted an awareness program on August 5, 2024, at the Paediatric Ward of St. James Hospital, Chalakudy. The program aimed to educate parents and caregivers on the importance of oral rehydration therapy (ORT) to prevent and managing dehydration in children, particularly during episodes of diarrhea.



INDEPENDENCE DAY

The Post Basic BSc 2023 batch of St. James College of Nursing, Chalakudy, conducted a program on Independence Day, August 15, 2024. The event began at 8:30 AM with various activities, including flag hoisting. Around 100 students attended, and they presented the theme of the Lahari Vimuktha Campaign while also planting trees as part of the celebration. Independence is not just a day, it's the spirit of freedom, unity, and pride that binds us together as a nation. Let's celebrate the freedom we cherish and honour the sacrifices that made it possible."



RESEARCH DAY CELEBRATION

The Research Day celebration, held on August 17, 2024, at St. James College of Nursing, was inaugurated by Rev. Dr. Antu Allapadan. The event was organized by the Research Cell Committee, with the main theme focusing on "Innovating Healthcare through Research" to encourage evidence-based practice and advance nursing research.



EDUCATIONAL PROGRAMME

As part of the SNA educational program, the PB. BSc. Nursing 2022 batch observed World Organ Donation Day with the theme “NISI VITA – SAVE LIFE” on 19th August 2024 at St. James College of Nursing, Chalakudy. The event began at 3:00 PM with a prayer, followed by a warm welcome from Ms. Adhila, a student from the 2022 batch. The theme was introduced through a short film titled “Be the reason for someone’s smile today”.

The students then led an awareness session on organ donation and conducted a puzzle activity related to the topic. Two judges offered feedback on the session. The event wrapped up with the National Anthem at 4:00 PM. It was an informative and engaging session for all involved.



ANTI RAGGING AWARENESS PROGRAMME

On 30th August 2024, St. James College of Nursing, Chalakudy, organized an Antiragging Awareness Program as part of its commitment to promoting a safe and respectful learning



environment. The program was aimed at raising awareness about the detrimental effects of ragging to ensuring the mental, emotional, and physical well-being of students.

GRADUATION CEREMONY

The Graduation Ceremony for the BSc 2019 batch and Post Basic BSc 2021 batch at St. James College of Nursing, Chalakudy, was held on 6th September 2024, and inaugurated by Mar. Pauly Kannookadan. The event celebrated the achievements of the graduates, with heartfelt speeches from the principal and faculty, along with the conferring of degrees and honours to students who excelled academically and in leadership. Mar. Pauly Kannookkadan's address emphasized the importance of compassion and service in nursing. The ceremony concluded with a vote of thanks, marking the beginning of the graduates' professional journey in healthcare.



TEACHERS DAY CELEBRATION

Teachers' Day celebration was held on 10th September 2024 at 3:00 PM. Each batch was assigned various duties to ensure the success of the event. The program began with a prayer, followed by a tribute to the teachers by the students. A game session was conducted, and the winners were awarded prizes. The Principal, Dr. Sr. Jijimole Mathew, shared her experiences as a nurse educator and motivated everyone to work towards achieving their future goals. All the teachers were presented with tokens of love from the students'. Sr. Jijimole Mathew gave feedback on the program, and the event concluded with the National Anthem at 4:00 PM.



ONAM CELEBRATION

Onam is a vibrant and joyous festival that celebrates the spirit of harvest, culture, and tradition, bringing happiness and hope to all. The Onam celebrations at St. James Medical Academy on 13th September 2024 were a collaborative effort between the Nursing, Pharmaceutical, and Allied Sciences colleges. The event featured several highlights, including Pookalam, Malayalimanka, Purushakesari, Tug of War, Thiruvathira, and Onam songs. The winners were awarded by Rev. Fr. Manoj Mekkadath, and the event concluded with the distribution of Payasam and chips.



TRIBAL DEVELOPMENT PROGRAMME

The PBBSc 2022 batch students of St. James College of Nursing, Chalakudy organized a Tribal Program at Pothupara Tribal Colony on 25th September 2024. The students conducted a survey across 24 families and organized an under-five clinic, a geriatric clinic, and a health awareness session focusing on menstrual hygiene and reproductive health. A total of 25 participants attended the program.



SNA ZONAL SPORTS

The SNA Zonal Competition was held on 25th September 2024 at Palakkad Medical College, where the students of St. James College of Nursing participated under the guidance of Ms. Anju K Tony. The event showcased the athletic talents of the students, with notable achievements in various track events. Jeswin Jacob and Shiyonsa Pauly both secured third prize in the 100-meter race, while Christeen Sebastian won third prize in the 800-meter race. The competition was a great platform for students to demonstrate their skills, sportsmanship and bringing pride to the college with their remarkable performances.



ADOPTED VILAGE

The PBBS Sc 2022 batch students of St. James College of Nursing, Chalakudy, took part in a cleaning campaign at the Family Health Centre (FHC), Meloor, on 27th September 2024. A total of 13 students participated in the cleaning activities, which took place from 10:00 AM to 12:00 PM. The initiative focused on maintaining the cleanliness and hygiene of the health centre, promoting a healthier environment for the community.



WORLD HEART DAY

St. James Hospital and Central Rotary Club Chalakudy organized a Walkathon on 28/09/2024, from Kalabhavan Park to North and South Chalakudy. Students performed street plays and a flash mob at various locations. The event saw active participation of 100 students, promoting awareness and community engagement.



OLD AGE DAY CELEBRATION

The Celebration of Vayojana dinam (Elderly Day) was organized by the students of St. James College of Nursing, Chalakudy, on October 1, 2024, at 8:00 AM in the multipurpose hall. The event aimed to promote awareness about the care and respect for an elderly in society. The program commenced with a solemn pledge-taking ceremony, where 250 students committed themselves to the cause of supporting and caring for the elderly population. Following the pledge, a speech was delivered by one of the students, emphasizing the importance of compassion, respect, and care for the elderly, and encouraging peers to take active roles in providing a better quality of life for them.



ACLS TRAINING

On October 18, 2024, an Advanced Cardiovascular Life Support (ACLS) training program was conducted for 49 students from the BSc 2022 batch at St. James Hospital, Chalakudy. The program aimed to equip students with vital lifesaving skills for managing patients in critical cardiac emergencies. It included an extensive theoretical session, where participants were introduced to key concepts of **ACLS**, such as basic life support (BLS) techniques, the identification and management of cardiac arrhythmias, and the use of defibrillators.



FACULTY TRIP

A faculty trip to Alappuzha was organized on October 11, 2024, for the faculty members of St. James College of Nursing, Chalakudy. The trip was led by Fr. Manoj Mekkadath, Associate Director of the college. Faculty members spent a day of relaxation and bonding at Alappuzha, a destination famous for its scenic backwaters. The purpose of the trip was to promote teamwork and provide an opportunity for the faculty to engage in informal conversations, strengthening relationships outside the academic environment.



BREAST CANCER AWARENESS PROGRAM

The OBG Department and the B.Sc. Nursing 2020 batch of St. James College of Nursing, Chalakudy, organized a Breast Cancer Awareness Program on 21st October 2024 at the Outpatient Department of Government Hospital, Chalakudy. The program aimed to raise awareness about breast cancer, emphasizing the importance of early detection, self-breast examination, and timely treatment. Nursing students conducted interactive sessions, distributed educational materials, and demonstrated breast self-examination techniques to the attendees.



COURSE INAUGURATION PBBSC AND BSC

The inauguration of the BSc and PB B.Sc. Nursing 2024 batches at St. James College of Nursing, Chalakudy, took place on 22nd October 2024. This event marked a significant milestone for the newly admitted students, symbolizing the beginning of their academic journey in nursing. The ceremony was officially inaugurated by Fr. Anto Alappadan, Director of St. James College of Nursing, who delivered an inspiring and motivating address, emphasizing the importance of nursing as a noble and compassionate profession.



WORKSHOP

A workshop on the topic "Communication Strategy" was conducted by Fr. Dr. Robin Chittuparambil on 26th October 2024 at 11:00 AM in the Conference Hall of St. James College of Nursing. The event was organized by the Internal Quality Assurance Cell (IQAC) and the Adult Health Nursing Department. The session aimed to enhance the communication skills of nursing students and faculty to improve patient care and teamwork. Fr. Dr. Robin delivered an engaging lecture on key aspects of communication, covering strategies for building rapport, overcoming barriers, and fostering collaboration in healthcare settings. An interactive Q and A session followed, allowing participants to clarify doubts and discuss real-world communication challenges.



DENTAL HEALTH -SCHOOL HEALTH PROGRAM

A School Health Program was conducted on **October 28, 2024**, at the Government Lower Primary School, Chalakudy. The program was organized with the guidance of **Sr. Fincy and Ms. Dency**, focusing on the overall health and well-being of the school students. The primary activity of the day was a dental check-up for all the students. The check-up was conducted by a team of dental professionals, including our faculties Sr. Fincy and Ms. Dency, who provided thorough dental assessments for each child. The students were educated about the importance of maintaining oral hygiene and were advised on proper brushing techniques and the significance of regular dental visits.



NATIONAL UNITY DAY OBSERVANCE

The National Service Scheme (NSS) volunteers of the 2023 batch at St. James College of Nursing organized a pledge-taking ceremony as the part of the National Unity Day celebrations, held on 30/10/24. National Unity Day is observed annually to honour the birth anniversary of Sardar Vallabhbhai Patel, the "Iron Man of India," who played a crucial role in the unification of the country. The event commenced at 8:15 AM with students and staff gathering in the open auditorium. The NSS volunteers led the pledge-taking session, which was participated in enthusiastically by all the students and faculty members present.



CHILDRENS DAY

Children's Day was celebrated with great enthusiasm on November 14, 2024, in the Paediatric Ward of St. James Hospital, Chalakudy. The event was organized by the BSc 2021 batch students under the guidance of Ms. Rinkamol Chakkochan, faculty of the Paediatric Department. The celebration aimed to bring joy and happiness to the children admitted to the paediatric ward and to recognize their importance in society. The event commenced with an opening speech by Ms. Rinkamol Chakkochan, who emphasized the significance of Children's Day and its relevance in nurturing a bright future for children.



SNA EDUCATIONAL PROGRAMME

The SNA Educational Program on World Antimicrobial Awareness Week 2024 was conducted by the PBBSc 2023 batch at St. James College of Nursing, Chalakudy, on November 21, 2024, in the multipurpose hall. The theme for the event was "Educate, Advocate, Act Now," and it aimed to raise awareness about malaria prevention, treatment, and the global efforts to eliminate the disease. The session included informative discussions, presentations, and activities that educated students about the importance of acting against malaria.



AUDIO VISUAL AIDS EXHIBITION

The OBG Department and the B.Sc. Nursing 2020 Batch of St. James College of Nursing, Chalakudy, organized an Audio-Visual Aids Exhibition Program on 23rd November 2024 at the Multipurpose Hall of the college. The program was inaugurated by Principal Dr. Sr. Jijimol Mathew, who appreciated the efforts of the students and faculty in creating innovative and informative teaching aids. The exhibition featured a variety of creative audio-visual aids, models, and charts related to obstetrics and gynaecology topics, which was designed to enhance learning and patient education.



TALENT DAY

The Talents Day, titled *Khalika*, for the BSc 2024 batch was held on 26th November 2024 at the multipurpose hall of St. James College of Nursing, Chalakudy. The event offered a vibrant platform for students to showcase their diverse talents and skills, including cultural performances, singing, dancing, poetry recitation, acting, and painting. The enthusiastic participation of the students highlighted their creativity and passion. *Khalika* was organized to foster a sense of community and encourage students to explore and develop their individual abilities. The program was a great success, filled with energy, excitement, and unforgettable moments of celebration.



CONSTITUTION DAY

Constitution Day was observed on 26th November 2024 at St. James College of Nursing, Chalakudy. The event took place at 8:00 AM during the college assembly, organized under the guidance of the NSS (National Service Scheme). The program began with a pledge-taking ceremony, led by Ms. Sneha Stephan, an NSS volunteer, with all attendees joining in to affirm their commitment to upholding the values of the Constitution. Following the pledge, Ms. Aneena Raju delivered an insightful speech, emphasizing the importance of Constitution Day, the significance of understanding our constitutional rights, and the role of citizens in strengthening democracy.



COLLEGE DAY

The annual College Day celebration of St. James College of Nursing took place on 28th November 2024 at 4:00 PM in the college auditorium. The event was inaugurated by Rev. Fr. Antu Alappadan, who delivered an inspiring speech highlighting the importance of holistic education and the nursing profession. The occasion was attended by Principal Dr. Sr. Jijimol Mathew, Vice Principal Sr. Symphoria, SNA Advisor Ms. Anju K. Tony, and PTA President Mr. Hemanth Kumar K.D., all of whom shared motivating words. The celebration featured lively cultural performances by students, as well as the presentation of awards for academic and extracurricular achievements. The event concluded with a vote of thanks, marking a memorable evening filled with joy and inspiration.



TRIP PBBSC 2022

The PBBSc Nursing 2022 batch students from St. James College of Nursing enjoyed a delightful trip to Ooty on 29th November 2024, accompanied by Sr. Lismary. The excursion provided a much-needed break for the students, offering a blend of fun and camaraderie. They visited renowned attractions such as the Botanical Gardens, Ooty Lake, and Doddabetta Peak, appreciating the scenic views and pleasant weather. The students engaged in games, participated in group activities, and created lasting memories together.



AIDS DAY AWARENESS

The PB B.Sc. 2nd-year Nursing students (2023 Batch) of St. James College of Nursing, Chalakudy, organized a health awareness program on World AIDS Day at the KSRTC bus stand in Chalakudy. The event took place on 2nd December 2024, from 10:00 AM to 11:00 AM, and was arranged by the NSS. The theme for World AIDS Day 2024, "Take the Right Path, My Health My Rights," was presented to the public. The students also performed a street play focused on HIV and its prevention methods. A total of 36 participants attended the program, which was highly informative.



IN SERVICE EDUCATION PROGRAM

An in-service education program was held for the staff of St. James College of Nursing and St. James College of Pharmaceutical Sciences on 7th December 2024, organized by the Nursing Foundation Department. The purpose of the event was to enhance the professional knowledge and skills of the staff, promoting their growth and development. The program was inaugurated by Dr. Antu Alappadan, who delivered a thoughtful speech emphasizing the importance of ongoing education in healthcare professions. The event was also attended by Fr. Manoj Mekkadath, who offered encouraging words, as well as the Principals and Vice Principals of both colleges, who praised the initiative and addressed the gathering.



DENGUE FEVER AWARENESS PROGRAMME

As part of the Adult health Nursing (AHN) departmental adopted village initiative, the second-year B.Sc. Nursing students (2023 Batch) of St. James College of Nursing, Chalakudy, conducted an awareness program on Dengue fever at the Primary Health Center, Meloor. The session took place on 18th December 2024, from 10:30 AM to 12:00 PM. The program primarily focused on the causes, prevention, and treatment of dengue fever. A total of 29 participants attended the session.



CHRISTMAS CELEBRATION

The Christmas Celebration at St. James College of Nursing was held on 21st December 2024, with Dr. Antu Alappadan the Director inaugurating the event. The celebration featured a Nativity Play, a Carol Song competition, and a Santa Claus competition, which contributed to a lively and festive atmosphere. Prizes were awarded to the winners of all the competitions, and the event concluded on a high note, leaving the college community with lasting memories.



SAY NO TO RAGGING

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ANTI RAGGING
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YES TO JOYFUL CAMPUS

What is Ragging?
Any Act Resulting in:

- Mental/physical/sexual Abuse
- Verbal Abuse
- Indecent Behaviour
- Criminal Intimidation/wrongful Restraint
- Undermining Human Dignity
- Financial Exploitation/extortion
- Use Of Force

A STUDENT INDULGING IN RAGGING CAN BE:

- Cancellation of admission.
- Suspension from attending classes.
- Withholding/withdrawing Scholarship/Fellowship and other benefits.
- Debarring from appearing in any test/ examination or other evaluation process.
- Withholding results.
- Debarring from representing the institution in any regional, national or international meet, tournament or youth festival etc.
- **Collective punishment** : when the persons committing or abetting the crime of ragging are not identified the institution shall resort to collective punishment as a deterrent to ensure community pressure on potential ragger.

Immediately call
UGC Anti-Ragging Helpline
1800-180-5522 (24X7 toll free)
or send an e-mail to helpline@antiragging.in



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