



# The Stephen's Chronicle

Official Newsletter of St. Stephens Hospital College of Nursing

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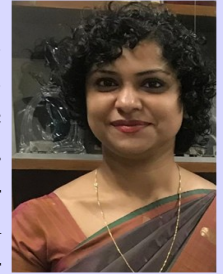
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## Principal's Ink

I can do all things through Christ who gives me strength. (*Holy Bible*)

Nurses constitute a large workforce and are an indispensable part of the Healthcare industry. We are not only a valuable national resource but also valued internationally & worldwide. This COVID pandemic has caused such an immense strain to the healthcare and the entire world is recognizing the need of nurses that was never ever felt in such capacity before. Nurses are constantly working hard as warriors during this pandemic as a duty towards mankind. In Nursing training we teach our Nursing students to be ethical and accountable in their approach and these principles are upheld lifelong. The current pandemic is synonymous with the Crimean war which had Florence Nightingale tending to the wounded soldiers then. During this COVID pandemic, our Nursing heroes or the Nightingales are the COVID warriors trying to do their best for all the people in need!



Prof. Dr. Feba Geevarghese  
Principal  
St. Stephen's Hospital College of Nursing

## WORLD ASTHMA DAY

A workshop on World Asthma Day organized by St. Stephen's Hospital College of Nursing on 9 May, 2022.

The day commenced by 8:00 am and the students signed up for the one day workshop on World Asthma Day. The workshop witnessed a participation of one hundred and twenty students including students from B.Sc (H) Nursing II year, B.Sc (H) Nursing IV year, Post Basic B.Sc I year, GNM II year. During the workshop there were five sessions.

There was a brief pre-test conducted by Organizing Committee which consisted of twenty five questions and was aimed at analyzing the student's existing knowledge of the subject matter and how much they already know about some of the topics which are to be discussed in the workshop.

The inaugural session was started by the Invocation song by B.Sc (Hons.) Nursing II year students and prayer by Paster Bendang Lemtor.





Prof. Dr. Feba Geevarghese mam, Principal St. Stephen's Hospital College of Nursing, delivered the welcome speech & enlightened the audience with her worthy words by providing an introduction about World asthma day & highlighted the purpose of theme of world asthma day i.e. "Closing gaps in asthma care". She also thanked the Chief Guest Dr. Sudhir C. Joseph, Director, St. Stephen's Hospital for his continuous support and motivation to the College of Nursing. She encouraged the Medical surgical department faculty for conducting such workshops in future.

Dr. Sudhir C. Joseph, Director, St. Stephen's Hospital in his inaugural address congratulated the organizing committee of Stephen's Hospital College of Nursing for organizing the workshop on World Asthma Day. The Chief Guest congratulated the Principal, College of Nursing for organizing this workshop and making it a success. He emphasized that nurses are the backbone of the hospital and they need to be groomed with asthma management skills to deliver quality care. He expressed that positive learning attitude of nurses is an essential requisite for rendering quality patient care. Further he added that this workshop is very important for the nurses to enhance their skills in order to deal with emergency and enhancing capabilities to manage asthma crisis. He also enhanced the theme of the workshop that was -"**Closing gaps in asthma care**".

After inauguration at 11:00am, the first speaker of the session was Dr. Shamim Akhtar, HOD Respiratory medicine, St. Stephen's Hospital & the topic was "Asthma: A comprehensive approach". He highlighted in detail comprehensive approach to asthma. The session was very informative.

A role play was done by Post Basic B.Sc Nursing I year students in which they mentioned about the myths and facts related to asthma. They focused on triggers of asthma and their management in a very interesting and humorous manner.





The next session was started. Dr. Madhu Kanodia, Senior Consultant, Respiratory medicine, St. Stephen's Hospital, & the topic was "Managing asthma in holistic care". She highlighted the current trends in asthma management and also focused on latest guidelines by GINA.

Afternoon session was started by 1.30 p.m. after a sumptuous lunch and the speaker of the session was Dr. Rijushree, Senior Consultant, Intensive care unit, St. Stephen's Hospital, to deal with "Emergency management of asthma." She emphasized the importance of emergency management in asthma in order to save the life. She gave us valuable insights regarding effective use of techniques to rely during asthma management in emergency.



The next speaker of the session was Ms. Lily Agnes, Nursing Superintendent, St. Stephen's Hospital and the topic was "Role of nurse in asthma." She highlighted the role of nurses in asthma care in order to prioritize the needs and take the appropriate intervention on time. The session was very informative.

The next speaker of the session was Ms. Vinita, Assistant Professor, St. Stephen's Hospital College of nursing and the topic was "Self management in asthma." She highlighted the different types of inhalers and also demonstrated the methods for self care in asthma.

The organizers also conducted the post-test on these above topics. The post-test mean score were significantly higher than the pre-test mean score which showed that the workshop was effective.

Then valedictory session of the conference was started by 3.45 p.m.



Feedback response was given by Ms. Akansha gaur, B.Sc (H) Nursing IV year and Kripa, GNM II year students. They felt privileged to be a part of the workshop and thanked the organizing committee. Felicitation of the speakers was done by Ms. Sheljy, Associate Professor, St. Stephen's Hospital College of Nursing.

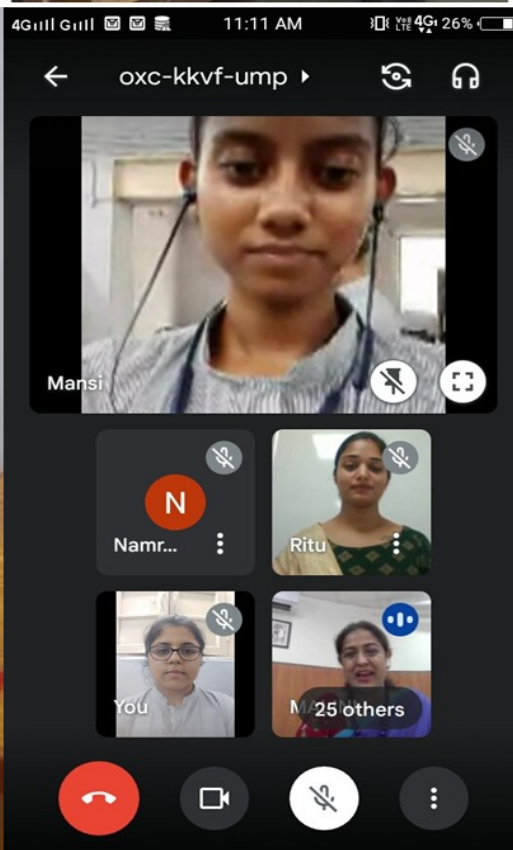
The program ended by 4:00pm.

PARTICIPATION IN ULLAS 2K22

Army Institute of Education had organized their cultural fest “ULLAS 2K22” on the theme “ Azadi ka Amrit Mahotsav” from 11th to 13th May 2022 on online platform.

Around 15 colleges under Guru Gobind Singh Indraprastha University had participated in the event. 4 students from our College had participated enthusiastically in various events like Debate, poster making, poem recitation and creative writing. Ms. Divya Budhiraja of B.Sc. (Hons) Nursing fourth year bagged the second position in Creative Writing. All students who participated in the event received participation certificates.

GLIMPSES OF ULLAS 2K22





### SEMINAR ON CYBER CRIME

Cyber Crime, the use of computer or mobile phones as an instrument to conduct illegal activities, such as committing fraud, trafficking, child pornography, stealing identities, or violating privacy. Cybercrime, especially through the Internet, has grown in importance as the computer and Android phone has become central to commerce and entertainment.

Keeping the above premises in mind, St. Stephen's Hospital College of Nursing in collaboration with Delhi Police organised a Seminar on Cyber Crime on 17/5/22 at Conference Hall, wherein an intensive session was given by ASI Vinod Walia to students of G.N.M. 1st, 2nd, & 3rd year, B.Sc. (Hons.) Nursing 2nd, 3rd & 4th year, Post Basic B.Sc. Nursing 1st & 2nd year, M.Sc. Nursing 1st & 2nd year, teaching faculty, and staff of St. Stephen's Hospital College of Nursing, so that they can protect themselves through safe online habits and better reporting of Cyber Crime.

He taught about various soft wares which reveal our private data and also measures to avert the impending danger, with the help of PPT's, short films and Do's & Don'ts. He also informed us about the various mobile applications and helpline numbers dealing with cyber crime investigation.

Students appreciated the initiative and participated with full vigour and zeal and took maximum advantage of the session.





## DAZZLING NOVIS-2022

Student Nurses Association (SNA), St. Stephen's Hospital College of Nursing organised DAZZLING NOVIS-2022 to celebrate International Nurse's day and Fresher's party for GNM & B.Sc. batches of 2020-2021 on 17th May 2022 at conference hall, St. Stephen's Hospital.

The theme for the event was Floral Twist on which students are allowed to represent themselves with floral outfit. The event started at 11AM by anchors Ms Arshia Tomy (B. Sc 3rd Year) and Ms Shrishty (GNM 3rd Year) with the warm welcome of all dignitaries, teachers and students. GNM 3rd year students invoked the presence of God by a melodious song. Followed by the welcome speech given by Mr Parshant Thakur, Asst. Professor & SNA Committee member, Prof. Dr. Feba Geevarghese, Principal, College of Nursing addressed the students and motivated them to dedicate for selfless service to the society. Ms Sinu Mathew Ex. Joint Secretary presented the annual report of SNA. Investiture of SNA office bearers 2021-2022 was carried out by Prof. Dr. Feba Geevarghese, Principal & President of SNA.

Dr Sudhir C. Joseph, Director, St. Stephen's Hospital delivered the chief guest address. Sir emphasised the significance of nursing profession through the contributions of Ms Florence Nightingale and the extended and expanded role of nurses in the world.

Students from senior batches presented various magnificent performances to welcome and express their affection to the Freshers. Ms D.K Thaiyingmui was crowned as Ms Fresher by Ms Karthika (Asst. Professor), Ms Lekha Paul (Computer Dept.) and Pastor Bendang Lemtor, the jury members of the event. Program was concluded at 1:30 pm by the vote of thanks of Ms Lovey Cynthia Lall, clinical instructor & SNA Committee member.



### WORLD ENVIRONMENT DAY CELEBRATION

Every year World Environment Day is celebrated on 5th of June in view to save our environment.

Community Health Department, St. Stephen's Hospital College of Nursing, Delhi organised Roleplay and Poster making competition on 30th and 31st May, 2022 at Community Health Center, Sundernagari, Delhi and at Library, St. Stephen's Hospital College of Nursing.

All GNM 3rd year (49), M.Sc. 2nd year (04) and M.Sc. 1st year (01) student had participated in role play and 12 students from different batches had participated in Poster making competition.

Theme for Roleplay and Poster making competition: Only One Earth

Our Principal Ma'am, Faculty members, Doctors and staff from CHC Sundernagari have also attended the Roleplay at CHC, Sundernagari.

The students from different batches got 1st, 2nd, 3rd and consolation prize in poster making competition from our college, which was based on the theme- Only One Earth.

Certificates were awarded to the winners in poster making competition.

### Winners of Poster making competition:-

- 1st Position- Ms. Faith Peter, GNM 3rd year
- 2nd Position - Ms. Chaitanya, B.Sc. Nursing 4th year
- 3rd Position - Ms. Ghanakshi, Post Basic B.Sc. Nursing 1st year
- Consolation - Ms. Swati Khatak, B.Sc. Nursing 4th year.







### CELEBRATION OF 8<sup>TH</sup> INTERNATIONAL DAY OF YOGA

St. Stephen's Hospital College of Nursing, Delhi celebrated International Day of Yoga on 21<sup>st</sup> June, 2022 in the Student Nurses Hostel quadrangle at 8.00 am. 25 faculty members and 70 nursing students had participated in the event.

The event started by watching the live telecast of the address of Honorable Prime Minister from Mysuru Palace at 6.40 am. The yoga session started with a prayer and then several Yoga techniques, kriyas and postures were performed which are beneficial for physical fitness, musculoskeletal functioning and cardiovascular health. The advantages of the yoga techniques were explained simultaneously. Posters were depicted revealing the theme for this year that is "YOGA FOR HUMANITY". The common yoga protocol prescribed by the Ministry of Ayush, Government of India, was followed during the event.

The yoga session was concluded with the National Anthem. The entire faculty and students enjoyed the event to the fullest. They participated wholeheartedly to make this event a huge success. Our students and teachers were encouraged to practice yoga to remain fit and to improve concentration.

GLIMPSES OF CELEBRATION OF INTERNATIONAL DAY OF YOGA



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