



# The Stephen's Chronicle

Official Newsletter of St. Stephens Hospital College of Nursing

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**For as high as the heavens are above the earth, so great is His steadfast love toward those who fear Him - Holy Bible**

Grooming in terms of overall development and multifaceted personality of our Nursing students is one of our College objectives. Through various activities both curricular and extracurricular activities we are able to achieve this for our students. This issue has our students participating in Sports activities within the institute as well as University Sports and our students made the College proud by winning the Best March Past Trophy among all the affiliated Colleges of Guru Gobind Singh Indraprastha University. Our students also participated in the Inter-collegiate Health Mela held at Jamia Hamdard. We celebrated the Mental Health Week and had patient education activities during Breast Cancer Awareness month. We also organized two Workshops for students and staff nurses respectively. Our faculty were also sponsored for week-long Workshop as part of Faculty Development Programme. Our GNM, Post Basic B.Sc. Nursing and M.Sc. Nursing students passed with 100% results in the Final Examinations and we bid farewell to the final year students of these Courses. The year ended with festive Christmas celebrations and carol rounds in the Hospital and its campus sending out message of joy, peace and love of Christ for all.

From start of the year till the close God's innumerable blessings were upon us and we feel so grateful. We pray that the coming year also unfolds happiness for everyone!

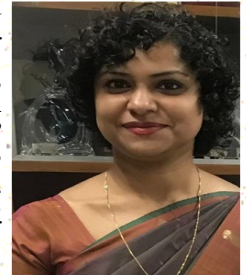
*Prof. Dr. Feba Geevarghese*

**Principal**

**Wishing everyone Blessed Christmas and a Happy New Year!**

**St. Stephen's Hospital College of Nursing**

## Principal's Ink



## SPORTS MEET AND TALENT NITE 2022

The sports events began with great exuberance in the months of September and October 2022. The staff and students participated enthusiastically in various events like - Cricket, Kho-Kho, Table Tennis, Badminton, Tennikoit, Chess, Carrom, Throwball, Tug-o-war and Athletic events. Veteran cricket was the highlight of the Sports Meet. All the winners were awarded.

The students and staffs were given a platform to showcase their talents on 'Talent Nite 2022', organized on 29th October 2022. The Chief Guest for the ravishing evening was Mr. Anil George, known for his eminent work in the films like Uri, Mirzapur, Kabhi Pass Kabhi Fail, Mardani and many more. The students and staffs bagged prizes in singing, dancing and drama. Competitions like Creative Writing, Rangoli and Poetry were also conducted.













## MENTAL HEALTH WEEK

Mental Health Week was celebrated from 10th October to 15th October 2022 under the guidance of Department of Psychiatry, St Stephen's Hospital. Role play and Nukkad Natak was performed by students at OPD areas and Community Health Centre Sunder Nagari to create awareness on the significance of mental health.

Poster making competition was also organized for the students on the theme 'Making Mental Health and wellbeing for all a global priority'.

The First, Second and Third prizes were bagged by Ms. Angel, B.Sc. (H) Nursing 3rd year, Ms. Ruchika Singh and Ms. Angel Joshua, B.Sc. (H) Nursing 2nd year respectively.



## WORKSHOP ON LEGAL AND ETHICAL ASPECTS IN NURSING PROFESSION

A workshop on Legal and Ethical aspects in Nursing was organized by Post Basic B.Sc. Nursing 2nd year students for the staff nurses of the hospital on 19th October 2022. The resource persons were Mr. John Masih, Personnel Officer, Mr. Innocent Xess, General Superintendent, Sr. Lilly Agnes, Nursing Superintendent and Faculty of College of Nursing. They imparted their knowledge on the various legal and ethical aspects related to nursing especially in the clinical area/ patient care. Sessions were taken on legal implications in Nursing, Ethical principles and Code of professional Conduct for Nurses. Group activity was also conducted for the participants







## BREAST CANCER AWARENESS MONTH

Third Year B. Sc. (H) Nursing students of St. Stephen Hospital College of Nursing along with the faculty, Department of Obstetrics and Gynaecology, organized an awareness program on breast cancer on 27th and 28th October 2022 to observe Breast Cancer Awareness Month.

The students organized a demonstration on "Breast Self Examination" in



Gynaecology Ward and OPD emphasizing the importance of knowing about breast cancer, its warning signs, symptoms, diagnosis and prevention followed by a demonstration of Breast Self Examination using breast model. The audience was sensitized regarding the deadly disease. Everyone appreciated the program and opined that these kinds of programs are very useful and may be conducted frequently.





## PERFECT HEALTH MELA

The National Youth Fest: Inter- College competitions at Perfect Health Mela was held from 21<sup>st</sup> -22<sup>nd</sup> November 2022 at Jamia Hamdard, Hamdard Nagar, New



Delhi. The event was organized by Heart Care Foundation of India. Jamia Hamdard, School of Nursing



Sciences & Allied Health and Tirath Ram Shah Hospital, Delhi were the Co-hosts for the event. This year, the

theme for Health Mela was “One Health” aiming to create mass awareness among all segments of society on various health related topics



using infotainment modules. Our college also participated enthusiastically on 21<sup>st</sup> and 22<sup>nd</sup> November 2022 with more than 40 participants who widely participated in events such as Yoga, Drama, Quiz, Classical Dance, Western Dance, Singing, Poem Recitation, Debate and Painting. The students were accompanied by teachers: Ms. Karthika Krishnan, Ms. Shalini Singh, and Ms. Feba Sam. The complete event was widely covered on digital platforms.







## WORKSHOP ON STRESS MANAGEMENT

A one day workshop on Stress Management was organized for 1st year students of B.Sc. (Hons) Nursing and GNM on 23<sup>rd</sup> November 2022. The theme was “Rise above the Turbulent Waves”.

Prof. Dr. Feba Geevarghese, Principal, St. Stephen's Hospital College of Nursing, was the Organizing Chairperson of the Workshop.

The objectives were:

- To identify various stressors in 1st year Nursing students.
- To understand the concept of stress management.
- To practice various stress relieving techniques.

A special session was conducted to share the results of research findings, of two research groups of our batch, to the gathering. The studies showed how the internet and social-media has a huge impact on the health as well as the self-concept of the students of our college. The sessions were hosted by Ms. Sinu Mathew and Ms. Ashlyn Lyall.

**Session 1** was taken by Ms. Karthika Krishnan, Assistant Professor, SSH College of Nursing. She dealt with “Interventional approach to low self-esteem among adolescence”.

**Session 2** was conducted by Dr. Atmesh Kumar, Senior Consultant, Department of Psychiatry, St. Stephen's Hospital. He focused on “Stress management-Taking Mind off the problem”.





He gave an elaborate description of stress and various stressors in our life and how stress is manifested in an individual.

Session 3 was conducted by Ms. Sakshi Mehta, Clinical Psychologist, St. Stephen's Hospital. She provided information on "Stress Management Techniques". Her session included information on stress, various stressors observed in nursing students and what techniques can be used to reduce such stressors. She involved the participants in a self stress assessment questionnaire and taught and made the participants perform "The Jacobson's Muscle Relaxation Technique".

A Mime themed "The day when everything went wrong" was performed by B.Sc (H) Nursing 4th year students.



## 17th ANNUAL SPORTS MEET, GGSIPU

The 17th Annual Sports Meet was held from 11th December 2022 to 16th December 2022 at GGSPI University, Sector 16, Dwarka. The Chief guest for the event was Padma Shri Col. Rajyavardhan Singh Rathore, AVSM. The guest was also the Youth Icon Ms Kajal Saini, International Sports Shooter. Padma Shri Prof. (Dr) mahesh Verma, Hon'ble Vice Chancelor presided the occasion.

The welcome address was given by Director of DSW followed by flag hoisting by the Chief Guest, Padma Shri Col. Rajyavardhan Singh Rathore. March Past started by 11.05am by various Institutes under GGSIPU. St. Stephen's Hospital College of Nursing won the Best March Past Award





In cross country race Ms Preeti B.Sc Nursing 1<sup>st</sup> year secured 3<sup>rd</sup> position in women category and in long jump Ms Arpita Jose B.Sc Nursing 4<sup>th</sup> year secured 3<sup>rd</sup> position. In Volleyball and in Tug of war, our team qualified for Quarter Semi-finals, In Table Tennis, 2 students (Ms Angel and Ms Mahima, M.Sc Nursing 1<sup>st</sup> year) qualified for Quarter Semi- finals and in 400m race Ms Shikha B.Sc Nursing 4<sup>th</sup> year qualified for the Finals.





## CHRISTMAS CELEBRATION

The Student Nurses Association (SNA) organized the Christmas Party on 17<sup>th</sup> December 2022 at Student Nurses Hostel Quadrangle. Prof. Dr. Feba Geevarghese, Principal, College of Nursing welcomed the gathering. The Chief Guest for the occasion Dr. Sudhir C. Joseph, Director, St. Stephen's Hospital addressed the gathering with a Christmas message. The Principal felicitated Director Sir for his unparalleled support towards the College of Nursing. Various programmes were put up by the students like nativity play, Christmas carols, and Choreography. Students who obtained 100% attendance in the academic session 2021-22 were appreciated with a prize and certificate. Christmas gifts were distributed to all the students.



## FACULTY DEVELOPMENT

A seven days' workshop was organized by Trained Nurses Association of India on the topic "Health Informatics for Nurses and Evidence Based Practice" on the theme "Integration of Nursing Informatics into Evidence Based Practices". The workshop was conducted from 5<sup>th</sup> December to 11<sup>th</sup> December, 2022 at CMET, AIIMS, New Delhi. Ms. Sheljy Shajan, Associate Professor and Ms. Karthika Krishnan, Assistant Professor were sponsored by our institute to attend the workshop. The Chief Guest for the Inaugural session was Dr. Srinivas, Director, AIIMS, Delhi. Dr. Latha Venkatesan, Principal, College of Nursing, AIIMS, Delhi unfolded the theme of the workshop.





Christian Medical Association of India (CMAI) organised a National Conference for 3 days consecutively i.e., 10th, 11th and 12th November 2022 at Welcome Hotel, Dwarka, New Delhi. Ms. Clarice Adeline Lyngdoh, M.Sc. Tutor was sponsored to attend the workshop. Each day had various sessions conducted by eminent speakers from all over India which were very beneficial for every person from different departments such as Nursing, Doctors, Allied Health and Reverends as well. In Nursing department, various methods of Online Teachings were discussed, how to implement such methods in reality were taught. Reports on conditions of Christian Schools of Nursing and Hospitals all over India were given by each Zone Representative.



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