



The Stephen's Chronicle

Official Newsletter of St. Stephens Hospital College of Nursing

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Vol 2, Issue 1
2021

The Joy of The Lord is My Strength! (*Holy Bible*)

Principal's Ink

It is with immense pleasure that we resume our quarterly E- Newsletter St. Stephen's Chronicle which has all the activities of our Nursing College during this period. St. Stephen's Hospital College of Nursing is the oldest Nursing institution in the country which started its journey in the year 1908. It belongs to the parent institution St. Stephen's Hospital, Delhi which is a charitable healthcare institution that was established in the year 1885 and run by the minority Christian community. Ms. Priscilla Winter a non- medical missionary started it as a 20-bedded hospital which has grown in strength to the present stature of 595- bedded super speciality tertiary care hospital.



This issue of the newsletter will picture an array of activities that have taken place in our Nursing College during the last couple of months.

I am indebted to our Director Dr. Sudhir C. Joseph for his constant guidance and for being the pillar of support to our College.

I wish the Editorial Team success in their endeavours!

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

SESSION ON "UNDERSTANDING AND OVERCOMING COVID- 19"

To spread awareness and knowledge regarding Covid-19 and also to overcome the fear related to Covid-19 pandemic, St. Stephen's Hospital College of Nursing conducted a session on "UNDERSTANDING AND OVERCOMING COVID-19" from 15/02/2021 to 17/02/2021 in the Conference Hall. The objective of the session was aimed at improving mental health of students and also to impart knowledge regarding Covid infection and treatment. The session was conducted in a staggered manner on 3 days from 01.30 p.m. to 03.30 p.m. wherein different batches of students and their class coordinators attended the session. A total of 249 students and 14 teachers attended the session. The session was conducted maintaining social distancing and following all safety precautions as per Covid-19 guidelines and protocols.

The speaker for 'Understanding Covid-19' was Dr. Leiyami, Senior Consultant, Department of Medicine, St. Stephen's Hospital. She explained about Corona virus, clinical manifestations of Covid, prevention, management and treatment of Covid.

The session 'Overcoming Covid-19 fear' was taken by Dr. Atmesh, Consultant, Department of Psychiatry, St. Stephen's Hospital. He described about the causes of fear and anxiety during Covid-19 and the methods to reduce the fear.

Students asked various queries pertaining to Covid, its vaccination and stress management techniques to be used to tackle Covid-19 related fear. All their doubts were cleared by the speakers. The session was of great benefit to the faculty and young student nurses.

GLIMPSES OF THE SESSION





“WORLD STROKE DAY”

Every year, 29TH October is observed as World Stroke Day to raise awareness of Stroke disease. According to the World Health Organization (WHO), over 17 million people die from stroke disease worldwide every year. The day is celebrated to make individuals aware about the prevention and control of Stroke (CVA). Every year, over 90 countries take part in this international observance. Government and non-government organisations conduct public events and concerts to raise public awareness about CVA.

Theme-
**“Minutes
 can save
 lives”**

Organizing Committee-

- ❖ Prof. Dr. Feba Geevarghese. (H.O.D., Dept of Medical Surgical Nursing), Principal, St. Stephen's Hospital College of Nursing.
- ❖ Ms. Karthika Krishnan, Asst. Professor, Dept of Mental Health Nursing.
- ❖ Mr. Parshant Thakur, Asst. Professor, Dept of Medical Surgical Nursing.
- ❖ Ms Vinita, Nursing Tutor, Dept of Medical Surgical Nursing.
- ❖ Ms. Jaya Simon, Nursing Tutor, Dept of Medical Surgical Nursing
- ❖ Ms. Ishrat Hina, Nursing Tutor, Dept of Medical Surgical Nursing.
- ❖ Ms. Clarice Adeline Lyngdoh, Nursing Tutor, Dept of Medical Surgical Nursing.

DAY 1: POSTER COMPETITION

On the occasion of “World Stroke Day”, Neurology department of St. Stephen’s Hospital, celebrated the event by organizing Poster competition for nursing and physiotherapy students at 1 pm. Great efforts were made by the students and they were appreciated for their contributions. Ms. Kanika Mago and Ms. Shine Lyall of GNM II year bagged the first prize in poster competition. Ms. Faith Peter of GNM III year received third prize.

Day 1

(27th October 2021):

Venue:

Conference Hall,
St. Stephen’s
Hospital

GLIMPSES OF POSTER COMPETITION



DAY 2: ROLE PLAY

On 29 October 2021, B.Sc. (Hons) Nursing III year students performed a Role play on “Timely access for quality stroke treatment” under the guidance of Principal, St. Stephen Hospital College of Nursing. Patients and their relatives were educated by the students about Stroke, its prevention and management.

Day 2

(29th October
2021):

Venue:

O.P.D. AREA, ST.
STEPHEN’S HOSPI-
TAL

GLIMPSES OF ROLE PLAY





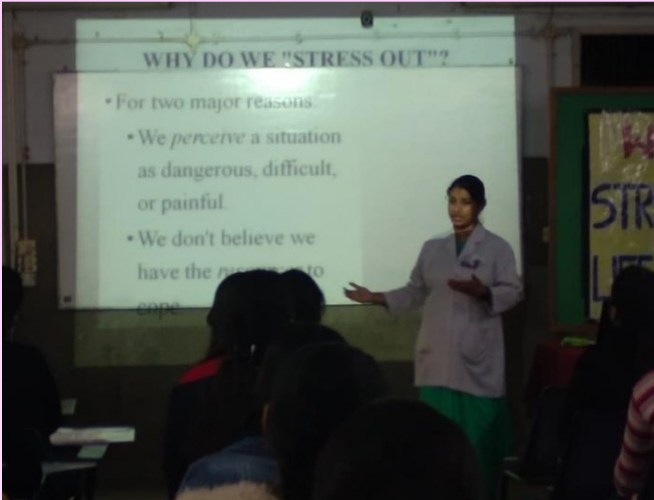
SNA BIENNIAL CONFERENCE XXIX -2021

TNAI Delhi State Branch organised SNA **BIENNIAL CONFERENCE XXIX** on 16th November 2021 at Holy Family College of Nursing, Holy Family Hospital Okhla Road, New Delhi -110025. Faculty and student representatives from St. Stephen's Hospital College of Nursing had also participated in the conference.

GLIMPSES OF THE EVENT



WORKSHOP ON STRESS MANAGEMENT AND LIFE-SKILL DEVELOPMENT



The workshop took place on 22nd November, 2021 in St. Stephen's Hospital College of Nursing. It was organized in the context of Stress Management and Life-skill Development.

The main objectives were to:

1. To identify various stressors in 1st year Nursing students.
2. To understand the concept of stress management.
3. To practice various stress relieving techniques.
4. To understand the significance of life skill development.

The workshop was organised into 4 main sessions. The session started by conducting a pre-test to assess the knowledge of audience followed by the introduction by the

representative of the workshop and then the prayer session was held and welcoming chief guest for the programme. Prof. Dr. Feba Geevarghese. The different sessions were taken by resource person.

Session 1 - by Ms. Karthika Krishnan regarding "Challenges of Adult Professional World and Significant Life Cycle Shifts",

Session 2 - by Ms. Jaya Simon regarding "What Stresses You the Most",

Session 3 - by Ms. Sheljy Shajan regarding "Stress Management - Taking Mind off the Problem

Session 4 - by Ms. Japneet Kaur Makkar regarding "Developing Resilience - Life Skills.

The workshop also included a role play on the theme De-stress to Dis-stress along with a validatory session that included post-test and feedback form.

The workshop ended by the vote of thanks by the representatives

GLIMPSES OF THE WORKSHOP



“WORLD DIABETES DAY”**Theme- “Access to Diabetes Care, if not now, then when?”**

Every year, 14th November is observed as World Diabetes Day to raise awareness about diabetes disease. According to the figures provided by World Health Organization (WHO), 40 lakh diabetes patients die every year. The biggest cause of this disease is a poor and changing lifestyle. It is very important to raise awareness amongst the people about this disease. According to World Health Organization (WHO), about 422 million people have been diabetic since 2014. The day began to be celebrated in 1991.

Organizing Committee-

Prof. Dr. Feba Geevarghese. (HOD MSN), Principal St. Stephen's Hospital College of Nursing.

Mr. Parshant Thakur, Asst. Professor, Dept. of Medical Surgical Nursing.

Ms. Vinita, Nursing Tutor, Dept. of Medical Surgical Nursing.

Ms. Ishrat Hina, Nursing Tutor, Dept. of Medical Surgical Nursing.

Ms. Clarice Adeline Lyngdoh, Nursing Tutor, Dept. of Medical Surgical Nursing.

QUIZ COMPETITION

Date: 16th November 2021

Venue: Classroom No. 1, St. Stephen's College of Nursing.

On the occasion of “World Diabetes Day”, Medical Surgical Nursing Department of St. Stephen's College of Nursing, celebrated the event by organizing Quiz competition for nursing students (i.e., B.Sc. (H) Nursing 2nd year, 3rd year, 4th year, GNM 2nd year and 3rd year) at 2 pm. There were 4 teams (Team A, B, C and D) and each team consists of 5 students from different classes. Great efforts were made by the students and they were appreciated for their contributions. A few words on diabetes, its theme and its importance were given by Ms. Sheeba Nath, Vice Principal of St Stephen's of College of Nursing. Faculty teachers also grace the occasion by their presence. A token of appreciation was given to the winning team and other participants of the team. Team C bagged 1st prize, Team D bagged 2nd prize and Team B bagged 3rd prize.

Team C members:

1. **Hemlata (B.Sc. 4th year)**
2. **Divya (B.Sc. 3rd year)**
3. **Arshia (B.Sc. 2nd year)**
4. **Sakshi (GNM 2nd year)**
5. **Suhina (GNM 3rd year)**



OSCE/ OSPE WORKSHOP

Training of Trainers Workshop on OSCE and OSPE was conducted by TNAI from 17/11/21-18/11/21 at Green Park, Delhi, TNAI head-quarters. Experts from various specialities discussed the scope of OSCE and OSPE and how to organise for the students. Faculty from St. Stephen's Hospital College of Nursing were sponsored for this Workshop.



DISSERTATION

Students of B. Sc. Nursing and M. Sc. Nursing batches of St. Stephen's Hospital College of Nursing have conducted researches as a part of their curriculum under the guidance of M. Sc Nursing and PhD faculty. Students conducted many researches for the welfare of general public and community.

GLIMPSES OF DATA COLLECTION PROCESS



COMMUNITY HEALTH PROGRAMMES

HEALTH TALK BY M. Sc NURSING 2nd year at ANC OPD





Community Health Nursing Activities during Rural Posting including Individual Health Talk, Group Projects on various topics were conducted by M. Sc Nursing 2nd Year, Post Basic B. Sc Nursing 2nd Year and GNM 3rd Year students at RHTC, Najafgarh, Delhi.

HEALTH TALK BY GNM 3RD YEAR STUDENTS



GROUP PROJECT ON "CERVICAL CANCER"





HEALTH TALK BY GNM 1ST YEAR STUDENTS



ORIENTATION OF GNM 1ST YEAR AT RHTC, NAJAFGARH



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