



# The Stephen's Chronicle

## Official Magazine of St. Stephen's Hospital College of Nursing

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*"Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace." (Holy Bible)*

It is with great pride and satisfaction that I present this edition of the College Magazine of St. Stephen's Hospital College of Nursing. This publication reflects the collective academic excellence, community engagement, and holistic development achieved by our students and faculty during the academic year, and stands as a testament to our institution's commitment to quality nursing education and social responsibility.

Community outreach and national service formed a major focus of our activities.

In collaboration with the Community Health Department of St. Stephen's Hospital, our college actively participated in the Swasth Nari, Sashakt Parivar Abhiyan, a nationwide health initiative inaugurated by the Hon'ble Prime Minister of India, Shri Narendra Modi, and conducted from 17th September to 2nd October 2025. Selected by the Directorate of Family Welfare, Government of India, our institution participated in three State Health Camps. Under the supervision of faculty members, students conducted public awareness programmes on breast and cervical cancer through posters, role plays, and interactive sessions, benefiting numerous women and families. These initiatives received appreciation from visiting government officials and community beneficiaries alike.

The college also actively participated in the District Eco-SDG Champion (DESC) 2025 Competition, a prestigious national-level initiative recognizing higher educational institutions for promoting Constitutional Duties, National Missions, and the United Nations Sustainable Development Goals. Within a short span of four weeks, our institution successfully planned and executed 22 SDG-focused activities addressing environmental sustainability, social responsibility, legal awareness, health education, and community engagement. This achievement reflects strong institutional leadership, effective coordination, and enthusiastic student participation, resulting in meaningful social impact.

Academic and co-curricular excellence was further demonstrated by our students at the Student Nurses Association of India (SNAI) Conference of the Delhi Branch, held under the aegis of the Trained Nurses Association of India (TNAI). Participation and accolades in English extemporaneous and essay writing competitions highlighted their communication skills and critical thinking abilities.

The academic year concluded with a commendable 100% pass result, underscoring the dedication of our students, the commitment of our faculty, and the supportive learning environment of the institution.

I sincerely appreciate the unwavering efforts of our faculty and the enthusiasm of our students. May this magazine inspire continued excellence in nursing education and service to society.

### Principal's Ink



**Prof. Dr. Feba Geevarghese**

Principal

St. Stephen's Hospital College of Nursing

### WORLD SUICIDE PREVENTION DAY

The Mental Health Nursing Department at St. Stephen's Hospital College of Nursing organized a Flash Talk Competition on 10th September 2025, held in the B.Sc. First Year Classroom. The event was adjudicated by Dr. Juhi, Consultant, Psychiatry Department; Ms. Shinon, Psychologist, St. Stephen's Hospital; and Prof. Dr. Feba Geevarghese, Principal, St. Stephen's Hospital College of Nursing. The winners of Flash talk competition were awarded with cash prize and certificates of participation. Ms. Ashlyn, PBBS. 1<sup>st</sup> year, Ms. Blessymol, GNM 2<sup>nd</sup> year and Ms. Benita, PBBS. 1<sup>st</sup> year bagged 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> prize simultaneously with cash prize.



### **EXTEMPORE AND ESSAY WRITING COMPETITION**

Extempore speaking refers to the ability to articulate thoughts clearly and confidently on a specified topic without advance preparation. This practice fosters spontaneous yet structured expression. The Student Nurses association of India Conference of Delhi Branch under the umbrella of Trained Nurses Association of India conducted an English extempore competition on 13<sup>th</sup> September 2025 and an Essay Writing competition on 29<sup>th</sup> September 2025. Ms. Divya Maria James, B.Sc. (Hons.) Nursing Semester VI student secured First place in the English Extempore and Second place in Essay Writing. It was a proud moment for the College of Nursing.



### **SWASTH NARI SASHAKT PARIVAR ABHIYAN**

St. Stephen's Hospital College of Nursing in collaboration with Community Health Department of St. Stephen's Hospital actively participated in the Swasth Nari, Sashakt Parivar Abhiyan. It is a nationwide health initiative inaugurated by the Hon'ble Prime Minister of India, Sri Narendra Modi. It is focused on improving the health and nutrition of women and children across India from 17<sup>th</sup> September to 2<sup>nd</sup> October 2025.

Our College of Nursing was selected by the Directorate of Family Welfare Government of India at three State Health camps. Three students under the supervision of one faculty were assigned to the designated location. The students provided Public Awareness on Breast cancer and Cervical cancer through poster and Role play.

On 17<sup>th</sup> September the students participated in the program at Ayushman Arogya Mandir, Delhi Secretariat, on 23<sup>rd</sup> September at Delhi Government Dispensary, Nandnagri, Dist. Shahadra, on 27<sup>th</sup> September at Delhi Government Dispensary, Tis Hazari.

On 1<sup>st</sup> October 2025, St. Stephen's Hospital Community Health Department, Obstetrics & Gynaecology department and College of Nursing organized a Public Awareness programme at the Patient Registration Area of the Hospital. The students of B.Sc. (Hons.) Nursing 4<sup>th</sup> year presented a Nukkad Natak on Breast and Cervical cancer. Prof. Dr. Feba Geevarghese, Principal College of Nursing addressed the gathering and told how the Hospital and College of Nursing work together in imparting health education the public. We were honoured to have eminent guests to witness the programme. Dr. Jyoti Sachdeva, Programme Officer at Directorate of Family Welfare, Govt. of NCT. She addressed the public and appreciated St. Stephen's Hospital, though being a Private Institution, we always take initiative to work in collaboration with the Government programmes. Dr. Vivek, Chief Medical Officer, DGD, Tis Hazari shared few words. Dr. John Punnose, Associate Director also appreciated the initiated and felicitated everyone



### NATIONAL NUTRITION MONTH

Proper nutrition is essential for sustaining a healthy lifestyle, as it provides the body with necessary nutrients for optimal performance. Consuming a balanced combination of carbohydrates, proteins, fats, vitamins, minerals, and ensuring adequate hydration supports energy maintenance, facilitates growth and tissue repair, and bolsters immune function. On 24th September 2025, the Community Health Nursing Department at St. Stephen's Hospital College of Nursing held a two-day event at the Community Health Centre, Sunder Nagri. G.N.M III Year students performed a role play to raise awareness about nutrition and healthy living, helping participants better understand practical food choices and habits.



### MENTAL HEALTH WEEK 2025

Department of Psychiatry & College of Nursing, St. Stephen's Hospital observed "Mental Health Week" from 3<sup>rd</sup> October to 10<sup>th</sup> October 2025. The WHO Theme for World Mental Health Day 2025 was "Access to Services-Mental Health in Catastrophes and Emergencies," The overall objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health. A Poster competition to observe Mental health week was held on 03.10.25 on the theme – "Rapid response, Gentle healing: An approach to crisis management". Winners of poster competition were rewarded with cash prizes. 1<sup>st</sup> prize – Ms. Reetika Rose (PBBS Sc 1<sup>st</sup> year) Cash prize of Rs. 2000/-, 2<sup>nd</sup> prize – Ms. Reeba Sara Mathew (Semester 6) Cash prize of Rs. 1500/-, 3<sup>rd</sup> prize - Ms. Ann Rhea (Semester 6) Cash prize of Rs. 1000/-.

All the posters were displayed near psychiatry OPD during mental health week. A Faculty sensitization session was held on 9<sup>th</sup> October 2025.



A Role play was performed by the students of B.Sc. 3<sup>rd</sup> year (Semester VI) and GNM 2<sup>nd</sup> year on the theme "Access to Services—Mental Health in Catastrophes and Emergencies," to create awareness among general public on 10<sup>th</sup> October 2025. It was followed by the culmination session where students are rewarded with exciting prizes and certificates through our esteemed chief guest Dr. Sudhir.C. Joseph, Director, St. Stephen's Hospital.



Our students of B.Sc. (H) Nursing 3<sup>rd</sup> year Semester VI actively participated in Poster Competition held at IHBAS on the occasion of Mental Health Day on 10<sup>th</sup> October 2025 and Ms. Jinsu bagged First position and Ms. Shubhangi second position. Ms Ishika bagged second position in the competition the Debate Competition organised by Holy Family College of Nursing on the occasion of World Mental Health Day on 10<sup>th</sup> October 2025.



**FIRST NURSING SCIENTIFIC AND RESEARCH CONFERENCE**



In collaboration with the Nursing Dept. our College of Nursing organized the First Nursing Scientific and Research Conference on 17<sup>th</sup> October 2025. This first-of-its-kind initiative marked a significant step forward in promoting a culture of research, innovation, and evidence-based nursing practice. It brought together a vibrant community of nurse leaders, educators, researchers, and healthcare professionals who shared their knowledge, insights, and groundbreaking work from across the country. Engaging Scientific paper/poster presentations and interactive discussions on the future of nursing education & clinical practice as Panel discussion were the features in this Conference. Ms Esther P. Manohar, received first prize for the best scientific paper.



HOSPITAL SPORTS 2025

The sports activities in our Institute commenced from 14<sup>th</sup> September to 30<sup>th</sup> October 2025. There were outdoor and indoor games such as Badminton, Tennikoit, Athletics (100m race, relay race), Shotput, Cricket, Kho-Kho, Carrom, Chess, Table tennis, Throwball, Volleyball, Tug-O-War at Administrative Lawn & Volley Ball ground. The presence of Dr. Sudhir C. Joseph, Director and the administrative team motivated the students to participate in various games. Students were divided into 4 houses- Alice House, Priscilla House, Lucy House and Savitri House. Each House had a Captain and Assistant Captain and each sports event was conducted by the assigned Coordinator. The students actively participated with full enthusiasm in each event as individual or group. The winning trophy for the year 2025 was bagged by Lucy House.



GURU GOBIND SINGH INDRAPRASTHA UNIVERSITY-  
20<sup>th</sup> ANNUAL SPORTS MEET 2025



The 20<sup>th</sup> Annual Sports Meet of Indraprastha University was a vibrant celebration of athletic excellence, teamwork, and university spirit. Held over three action-packed days from October 29-31<sup>st</sup>, 2025, the event brought together students from diverse colleges, fostering a sense of community and competition. The competition was intense, with participants pushing themselves to new heights and displaying exceptional skill and determination. Over 500 students from various departments took part in the meet, making it a grand spectacle. The atmosphere was electric, with students cheering on their peers and showing their support and enthusiasm. The meet was declared open by, **Hon'ble Prof. (Dr) Mahesh Verma**, Vice Chancellor, Indraprastha University. The **Chief Guest** for this year's 20<sup>th</sup> Annual Sports Meet was **Dr. Kiran Bedi**, Former Lieutenant

Governor of Puducherry, Asian Tennis Champion, IPS (Rtd). Her presence and address inspired the students to strive for excellence in their respective sports disciplines and emphasized the importance of sports in maintaining a healthy lifestyle. The **Guest of Honour** was **Mr. Kuldeep Singh Malik, Chief Coach of Indian Women Wrestling Team, Former Olympian**, who emphasized the importance of sports in overall development and encouraged students to embrace the spirit of competition. The students of St. Stephen's Hospital College of Nursing bagged the **third prize in March Past competition** showcasing their synchronized steps and team spirit.



**HOSPITAL TALENT NITE 2025**

St. Stephen's Hospital Talent Nite was held on 1<sup>st</sup> November 2025 at Nurses Hostel Quadrangle. It was a vibrant showcase of music, dance, drama, and pure youthful energy. Dr. Sudhir C. Joseph, Director St. Stephen's Hospital addressed the gathering and appreciated the zeal and exuberance of the participants who had been working hard for this day. The evening opened with a burst of colour and excitement as the staff and students took the stage and showcased their talents of singing, acting, and dancing.

The magical evening reached its peak with the arrival of the Chief Guest, **Mr Vipin Sharma**, Bollywood actor best known for his works in Taare Zameen Par, gangs of Wasseypur, Kick Monkey Man and many more. The event concluded with the Prize distribution by the eminent judges of the event. The Overall Trophy was bagged by Lucy House who scored the highest points during the sports competitions. Talent Nite truly reflected the hard work of the staff and students and the joy of community coming together for an unforgettable evening.

**31<sup>st</sup> PERFECT HEALTH MELA 2025**

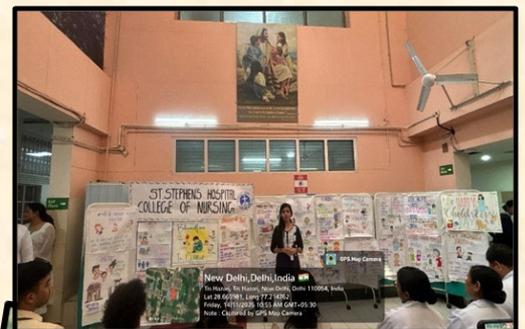
The 31<sup>st</sup> Perfect Health Mela 2025 was held from 6<sup>th</sup> and 7<sup>th</sup> of November, 2025 at Holy Family College of Nursing, Delhi organized by the Heart Care Foundation of India (HCFI)

Our College participated enthusiastically with more than 36 participants who widely participated in events such as Folk Dance, Bollywood Singing, Nukkad Natak, Mono-Act. Our students got 2<sup>nd</sup> Prize in Folk Dance, 3<sup>rd</sup> Prize in Bollywood Singing (Group) and 3<sup>rd</sup> Prize in Western Dance (Group).



**CHILDREN'S DAY CELEBRATION**

Children's day is celebrated in India to raise awareness about the rights, education and welfare of children. The event was conducted on 14<sup>th</sup> November 2025. The event was organized under the Child Health Nursing Department, St. Stephen's Hospital College of Nursing. Role Play was organized by Child Health Nursing Department at Pediatric General OPD. Dr. Pinki, HOD Nursery talked about the behavioral issue in children. A Drawing activity was also organized for admitted children in pediatric ward



**DISTRICT ECO SDG CHAMPION 2025**

St. Stephen's Hospital College of Nursing, Delhi actively participated in a series of activities under Apex SDG Trust framework to join District Eco SDG Champion 2025 (DESC 2025)– Phase II, a national-level initiative designed to recognise and reward Higher Education Institutions (HEIs) that demonstrate tangible excellence in sustainability, civic literacy, environmental stewardship, and community leadership. This initiative draws inspiration from the Constitutional Duties of Citizens (Articles 51A (g), 38, 39, 41 & 47), the National Missions (Mission LiFE, Swachh Bharat Abhiyan, Jal Shakti Abhiyan), and the United Nations Sustainable Development Goals (SDG 6 – Clean Water & Sanitation; SDG 13 – Climate Action). It aims to empower academic institutions to translate knowledge into meaningful local action and measurable community impact.

S. NO	DATE	TIME	SDG ACTIVITY	VENUE
	04/11/2025	1:30-3:30 PM	Best Out- Of- Waste Competition	Library CON
	14/11/2025	10:30-11:30 AM	Skit & Public Education On Behavioural Issues In Children	Pediatric Opd, St. Stephen's Hospital
	14/11/2025	12:30-1:30 PM	Drawing Activity On Theme 'Our Planet, Our Home' For Pediatric Patients	Pediatric Ward, St. Stephen's Hospital
	20/11/2025	3:30-4:30 PM	Flash Talk- Leave No Trace Travel	Classroom 1, CON
	21/11/2025	1:30-3:30 PM	Clay Tales Of Delhi	Library, CON
	22/11/2025	11:30 AM	Expert Talk On "Know Your Fundamental Duties"	Classroom 1, CON
	22/11/2025, 27/11/2025 & 28/11/2025	11:00 AM	Plastic Free Campaign (Handmade Paper Bag Distribution)	Community Area, Sunder Nagari
	24/11/2025 to 29/11/2025		Social Media Challenge- #Hashtagforwater	Online Mode
	25/11/2025	10:30- 12:30 PM	Expert Talk On "Cyber Crime"	Conference Hall
	25/11/2025	3:30-4:30 PM	Mock Drill On Code Red	Student Hostel Quadrangle
	27/11/2025	1:30-3:30 PM	Debate- Business V/S Environment	Classroom 1, CON
	27/11/2025	3:30-4:30 PM	Clean Drive	Admin Block Lawn
	28/11/2025	3:30-4:30 PM		Hostel Quadrangle
	28/11/2025	10:30 AM	Street Play on Legal Rights (Dowry and Domestic Violence)	Patient Waiting Area, SSH
	29/11/2025	3:30-4:30 PM	Clean Drive	Near Conference Hall
	31/11/2025	3:00 PM	Oath- Plastic Free Campaign	Hostel Quadrangle
	1/12/2025	-	Reel Making Competition on Rural Tourism	Students' Residences
	04/12/2025		Street Play on Cyberbullying	Community Area, Sunder Nagari
	1/12/2025 to 2/12/2025	-	Photo-Exploration Contest On 'Tourism Through My Lens'	Online Mode
	2/12/2025	2:00-3:00 PM	Collage Making Competition on E-Waste Management	Library, CON
	4/12/2025	2:00-3:00 PM	Fancy Dress Competition	Hostel Quadrangle
	4/12/2025	4:00 PM	Zero Waste Cooking Challenge	Nutrition Lab, CON







### MOCK DRILL

A Mock drill on 'Code Red' was conducted under the supervision and guidance of our Principal Mam, Prof. Dr. Feba Geevarghese in College of Nursing on 25<sup>th</sup> November 2025 at 3.30pm. The drill was attended by the Safety Committee members, Faculty members, wardens and students of College of Nursing. There were 163 students of various batches and Faculty members. The participants were divided into 4 groups which consisted of students and Faculty members. There were 4 teachers who were assigned at the exit areas as time keepers to record the exit timing of the groups during emergency evacuation. The drill began with the announcement of Code Red.

The mock drill was conducted successfully with no conformities with the protocol. The mock drill was called off at 4.15pm.



### SNA CHRISTMAS PARTY-2025

The SNA Christmas Party was celebrated with great joy and reverence on 6<sup>th</sup> December 2025 at Nurses Hostel Quadrangle. The investiture ceremony of SNA 2025 was conducted in the presence of Dr. Sudhir C Joseph, Chief Guest and Prof. Dr. Feba Geevarghese, Principal to formally confer leadership roles upon the newly elected student office bearers. Prizes and Certificates were awarded to the winners of various competitions conducted as part of SDG Activities followed by SNA Christmas gifts to all students. The faculties were also appreciated for their work by Director Sir and Principal Madam. The event ended with a specially arranged Christmas Lunch for guests and students.



### FACULTY DEVELOPMENT

- ❖ Rency Mol Jaboi, Senior Tutor attended a one-week Workshop on 'Technological Advancements and New Trends in Nursing Education' at Ahilya Bai College of Nursing, Delhi from 8<sup>th</sup> to 14<sup>th</sup> October 2025.
- ❖ Ms. Clarice A. Lyngdoh, Assistant Professor completed the Heart Failure Certificate Course for Nurses by Trained Nurses Association of India in October 2025.
- ❖ Ms. Sheljy Sajan, Associate Professor along with two students - Ms. Rechal and Ms. Srishtee attended the CMAI 48<sup>th</sup> Biennial conference from 6<sup>th</sup> to 8<sup>th</sup> November 2025 at Kochi, Kerala.



*100% Results of GNM, B.Sc. (H) Nursing and M.Sc. Nursing in the Academic Year 2024-25  
Kudos to the Students and Faculty!!*

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