



ALUMNI ASSOCIATION

ALUMNI NEWS LETTER

2020-2021

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PSG COLLEGE OF NURSING

(AN ISO 9001: 2015 CERTIFIED INSTITUTION)

COIMBATORE- 641004



PATRON:

Shri L. GOPALAKRISHNAN
MANAGING TRUSTEE



CHAIRPERSON:

Dr. JAYASUDHA. A
PRINCIPAL



PRESIDENT:

Mrs. MAHESWARI. T
2008 Batch M.Sc Alumni



VICE PRESIDENT:

Mrs. JENIFER GRACY
2008 Batch M.Sc Alumni



SECRETARY:

Ms. SRIMALATHI. R
2012 B.Sc Batch Alumni



TREASURER:

Mrs. VEDAVALLI. K
1999 Batch B.Sc Alumni

MESSAGE FROM THE PRINCIPAL

Dear Alumni,

Greetings from Alma mater, PSG College of Nursing!

It gives me an enormous pleasure to unite with you via an Alumni Newsletter. I want to convey my genuine respect and appreciation to our alumni, who are the front line warriors during COVID 19 pandemic and providing healthcare services all around the world. You are the best fruit of our Institution and made a priceless contribution in the society. I am blissful that a good number of our alumni are booming in our Nursing Profession at various levels.

Every alumni of PSG college of Nursing is an emissary who widens the values and ideas of alma mater and propagates these values over generations by being a model to the novice nurses. I thank the Alumni for your contribution in development of our Institution by being Guest speakers in Alumni Webinar which was initiated from Nov 2020 on every 4th Saturday.

We will be fortunate to know the progress of our alumni and this dais will be a gateway to share your extensive experiences and innovative ideas. We look forward for your contribution to make this portal a great success.

WISHING YOU A HAPPY NEW YEAR 2021

HAVE A BLESSED NEW YEAR AHEAD!

DR. A. JAYASUDHA, PRINCIPAL

MESSAGE FROM THE PRESIDENT

Dear Alumni,

Warm Greetings!

I take this opportunity to request the entire alumni of PSG CN to keep this valued association strong and steadfast. It is my belief that this will go a long way in ensuring constant improvement to your Alma Mater and culminate in exemplary standards of service to our present student community.

As graduates of PSG CN you are the best ambassadors. Your action demonstrates our pride through your professional career path and your willingness to serve.

I extend my warm wishes to all the alumni to continue this journey on the road of excellence.

**MRS. MAHESHWARI. T
ASSOCIATE PROFESSOR**

**Nobody Is Bothering About an Institution
More Than Its Alumni**

ALUMNI ACTIVITY

CAREER GUIDANCE PROGRAMME



Career guidance is aimed to guide the individuals to acquire knowledge and experience required to narrow the broad spectrum of options and to choose the apt career one. Faculty of PSG CON had a dynamic conversation via PSG FM @ 107.8MHZ. It highlights the importance of nursing profession and its development, perception of nurses and society towards nursing profession.

INTERNATIONAL STUDENT EXCHANGE PROGRAMME THE INDIAN EXPERIENCE 2020



“Indian Experience” is organized every year in the month of January. The theme of this year was “Voyage from Womb to Tiny Tot” had been planned and implemented from 06/01/2020 – 29/01/2020. Thirteen Students and three faculties of La source and Hesav University, Switzerland participated. The Programme had various lecture sessions and panel discussion based on the theme. They visited ICDS centres, Primary Health Care, Families for children, Juvenile delinquent home, Prashanthi Academy and Indian Ayurvedic Hospital. They also had visited simulation lab in PSG Hospitals had a clinical posting in the areas of Pediatrics, OBG and Community. Traditional welcome had been organized by the students of PSG CON; Swiss students enjoyed the

arts and festivals of south India through Pongal celebration, participated in 26th Lamp lighting ceremony, 94th Founder's day celebration and 71st Republic day celebration in our PSG Campus. They had visited historical places like Perur temple, Isha yoga centre and week end trip to Kerala. All the events made them overwhelmed.

ALUMNI WEBINAR

- **International Symposium on “Virtual Learning In Nursing: Challenges And Opportunities”**

Alumni association organized an International symposium on 11th July, 2020 by 1994 pioneer batch of alumni. The session was conducted through virtual platform. Dr. A. Jayasudha principal, PSG CON welcomed the speakers and delegates. Dr. Latha Venkatesan, Principal Apollo CON was a chairperson of the symposium and guest speakers were Mrs. Nirmala, Faculty of Nursing, University of Bahrain, Mr. Senthilkumar, Principal Lourde CON, Mrs. Muthulakshmi, Nursing Faculty, Harmony Healthcare Institution and Mrs. Shiny Edward, Professional Development Specialist, Baylor Heart Hospital delivered splendid session which is highly effective and informative. 1058 delegates from various countries of the world participated; among them 355 were our alumni. Overall very well organized .

- **International Webinar on “Impact of Covid - 19 among Vulnerable Population”**

Alumni association organized an International Webinar through virtual platform on “Impact of Covid - 19 among Vulnerable Population” the speakers were from 1999 Batch. The session was addressed by Dr. A. Jayasudha Principal, PSG CON, Mrs. Nihar Nazeer Batcha, Senior Nurse, Cork University Hospital Was the moderator of the Webinar and a distinguished speakers Mrs. Punitha Vairamani, Clinical Nurse Specialist, COPD Outreach Service, Cork University Hospital, Dr. Jeyarani, Principal, Life Guard Nursing Institution, Mrs. Reena Caroline Antony Samy, Nurse Incharge, ITU, Royal London Hospital and Mrs. Vijayalakshmi Arun Nagaraj, Director of Nurses & Person Incharge, Cork shared their extensive experiences which was highly informative.

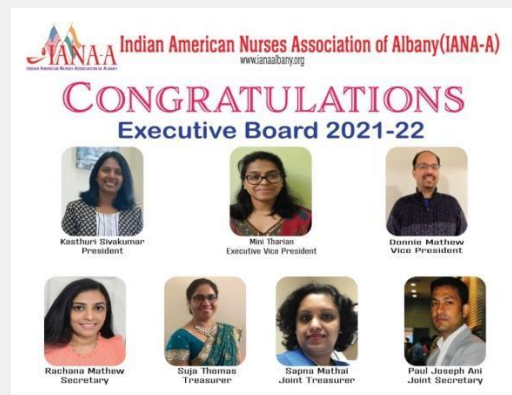
ALUMNI GUEST LECTURE

Alumni Guest Lecture is a series of free lectures shared by our well known alumni's, who excel in professional knowledge and skills, there by participants would reach the greater heights in their future. Alumni guest lecture was initiated by Dr. A. Jayasudha, Principal, PSG CON in the academic year of 2020.

- Dr. Babu (1995 batch), Principal, Mayo College of Nursing, Uttarpradesh delivered guest lecture on “**Effective Mentoring**” on 28.11.2020.
- Mrs. Frincy Francis (2010) batch, Lecturer, Maternal Child Health Department, Sultan Qaboos University, Muscat Oman dealt “**Student to Novice Nurse – Tips and Tricks for a Smooth Transition**” on 18.12.2020.

- The sessions were thought-provoking highlighted recent breakthroughs and discoveries in the field of Nursing. It also aid to share ideas & conversation and networking with other alumni to reach greater heights in their future.
- The various eminent speakers who are yet to share their experience and knowledge in the year of 2021.
 - Mr. Clement (1997), Manager Of Endoscopy Services And Decontamination Lead , St. Columcilles Hospital, Ireland.
 - Mrs. Baby Chithra Jeyakannan (2006), Registered Nurse in Aged Care, New Zealand.
 - Mrs. Jamunarani (1997), Reader Pediatric Nursing, Apollo CON, Chennai.
 - Ms. Jothi Sunantha (2004) Mental Health Nurse Practitioner, NHS, UK.
 - Dr. Umadevi T (1995), Professor, Dept of OBG Nursing, Mohamed Sathak A.J CON, Chennai.
 - Ms. Sandy Mariam Varughese (2000), Clinical Nurse Specialist, Acute Oncology, National Centre For Cancer Care and Research, Qatar.
 - Prof. Jeena Cherian (1995), Principal, Yashoda CON, Secunderabad.
 - Dr. Nandhini (1995) Vice Principal, Aswini CON, Trichur.
 - Mr. Jeba John Mathew. S(1996), Senior Staff Nurse, Institute Of Mental Health, Singapore.
 - Ms. Pechiammal Subramanian (1995) Clinical Practice Educator, London, UK.
 - Ms. Evelyn (1994), RN, Brain Injury Rehabilitation; Coordinator And Health Professionals Educator, Acute Aged Care, Hospital in the Home – Clinical Nurse Consultant, Sydney.
 - Ms. Vijayalakshmi (1995), Family Nurse Practitioner, USA.

❖ Mrs Kasthuri Sivakumar is being elected as a president in Indian American Nurses Association of Albany.



ALUMNI AT PSG CON

- Prof. Leena Francis
- Prof. Roselin Myvizhi.J.E.
- Mrs.T.Maheshwari.
- Mrs.P.M.Rajeshwari
- Mrs.Keerthana
- Mrs.Jenifer Gracy
- Mrs.Vedavalli.K
- Mrs. Anitha.P
- Ms. Karthikapriya S
- Ms. Blessy.M
- Mrs. Jayalakshmi
- Ms. Hepsiba Daniel

YRC ACTIVITIES

ALUMNI AWARDS AND ACHIEVEMENTS



The PSG College of Nursing established its YRC local unit in the Academic year of 2005. The unit has a total membership of 375 students. YRC unit organized & conducted different programmes in every month of the year namely National youth day, World Diabetic day and World AIDS day, World Blood Donation Day and Fit India Plogging run. Even Amidst COVID Pandemic YRC Volunteers shared the COVID 19 IEC Materials through social media.

NSS ACTIVITIES



The NSS Unit Organized and observed Special Activities Like World Leprosy Day, Reproductive And Sexual Health Day, International Women’s Day, National Oral Health Day, World Environment Day, World Blood Donation Day, International Yoga Day, Observance of Poshan Pakhwada, NSS Volunteers creates awareness on Corona Virus Outbreak by distributing pamphlets and shared the COVID – 19

IEC Materials through Social Media, NSS Volunteers Enrolled in Integrated Government Online Training on COVID 19 and they participated in various events of World Breast Feeding Week Contest and won the prizes, Fit India Freedom was observed and students were actively participated in Indoor and Outdoor fitness activities following COVID 19 Social norms and got benefited

SNA ACTIVITIES



The SNA unit of PSG College of Nursing strives hard for the upliftment of the students through professional, educational and extracurricular activities. The SNA President Dr. A. Jayasudha conducted executive board meeting once in three months to plan and discuss about the action plan of activities. The Students of SNA organized and participated in many events and secured many prizes. During Pongal celebration they performed traditional Kummi dance, indoor games like Palanguzhi, Paramapatham, Pandi, Thayam, Acchukkal, and Goli traditional games like Silambam, Tug Of War and Uriyadi along with the Switzerland students. SNA unit observed World Cancer Day by involving public to take a pledge on the theme of "I am and I will " indicating as they consume organic vegetables, stop

consuming alcohol and tobacco usage, In commemoration of Nightingale's 200th birth anniversary students along with the faculty participated in Peace Rally Holding White Heart with the statement "I Support Nursing Now", Observed National Science day in view of displaying Models, Posters and Projected video on technological advancements in the field of medicine and created awareness on usage of health tracking apps. Even in Covid'19 pandemic student shown their gratitude to the teachers by celebrating Teachers day via zoom platform like songs, poetry, dance performance and praised the teachers who flourished their life. World AIDS Day was observed and they partaken in various events like kahoot game show and mono act contest and won prizes

REFLECTION FROM OUR REAL COVID

WARRIOR

- Mr. Joseph (1999) batch as a COVID warrior shares a few words. Working with COVID patients is putting our self under risk and 12 hours of duty schedule makes us more tiresome. As a nurse I will put my entire effort to save a life of patients. So I'm proud enough to say that "I am a nurse and a COVID warrior" and my entire glory goes to PSG College of Nursing.
- Ms. Sherin Philip (2011) batch shared her view as, initially I felt hard to work with the COVID patients, due to fear. After few weeks I could realize that I am a COVID warrior so I should put forth myself to save the life of the patients. I feel "Proud To Be A Nurse"

- Ms. Shabana (2011 Batch) verbalized, working as a nurse during covid 19 is very hard, and with a busy schedule, more responsibilities, and continuous care made me more fed up, later I learned new things & got new experiences.
- Ms. Suganya (2011 batch) expressed her view; initially, I enjoyed working with Covid patients, once the Covid census increased it made me more stressed. I felt it's very difficult to work with PPE and per day 2 to 3 deaths out of 10 patients. But I gained more knowledge and courage.
- Mrs. Santhi (2011 batch) I worked in covid ICU for 6 months, I felt afraid first, whether I may get an infection with Corona. Later I adapted myself to the routine care given to covid patients. Sometimes patients not able to understand their situations, and they tried to spread the infection intentionally to health care workers on addition staffing schedule was very tough, some staffs became sick due to this duty, as a result, we faced staff shortages, but one thing I learnt a lesson that no need to become panic during such situations, as a nurse, I can fight well against this Corona war.

OUR DEEPEST CONDOLENCE

"Gone From Our Sight, But Never From Our Hearts."

On behalf of our Alumni Association and myself, I express the deep and heartfelt grief to **Mr. Anthony Samy (2007 Batch)**. Remembering his wonderful and gentle soul

will forever remain in our hearts. Please accept our deepest condolences and may our prayers help comfort your family and hasten the journey of soul to Heaven.

**You Will Always Be Living
On In the Hearts of the People
For whom you have sacrificed
Your irretrievable and
Precious life.**

ACTION PLAN OF ALUMNI ASSOCIATION 2021

- Career Guidance Programme for School Students
- Scholarship for Students
- Collaborative Research
- Guest Lecturers by Alumni Members
- Alumni Conference 2021
- Alumni News Letter 2021
- Distinguished Alumni Award 2021

Connect Today

Transform Tomorrow

It's Not Just Our Mission

It's Our Wish for U

