

COLLEGE OF NURSING NIRMALA MEDICAL CENTRE

NEWSLETTER

YEAR

Message from the Editorial Team

2025

Greetings from the College of Nursing, Nirmala Medical Centre!

As we step into another year of excellence in nursing education and practice, we are delighted to present the 2025 edition of our annual newsletter. This year has been a testament to our unwavering commitment to shaping competent, compassionate, and skilled nursing professionals. Through academic achievements, clinical excellence, and community outreach programs, our institution continues to foster holistic development in aspiring nurses.

In this issue, we highlight key milestones, research advancements, student achievements, and inspiring faculty contributions that have made 2025 a remarkable year. We also celebrate the dedication of our students and staff, who have worked tirelessly to uphold the values of patient-centered care, innovation, and lifelong learning.

We hope this newsletter serves as a reflection of our collective efforts and a source of inspiration for the nursing community. Thank you for being a part of our journey!

Warm regards,
Editorial Team

College of Nursing, Nirmala Medical Centre

The year 2025 opens a new chapter of growth and excellence at the College of Nursing, Nirmala Medical Centre. Reflecting on the past year, we take pride in our achievements in academics, clinical training, research, and community engagement.

Nursing is a commitment to compassion, competence, and service. We remain dedicated to nurturing these values and preparing our students to meet the evolving challenges of healthcare. This newsletter highlights our key milestones, achievements, and initiatives that continue to strengthen our legacy of excellence.

EXCELLENCE IN ACADEMICS AND HOLISTIC DEVELOPMENT OF NURSING STUDENTS

Our College of Nursing stands as a centre of excellence in academics, consistently maintaining high standards in teaching, clinical training, and research. We are committed to providing a strong theoretical foundation supported by evidence-based practice and innovative learning strategies.

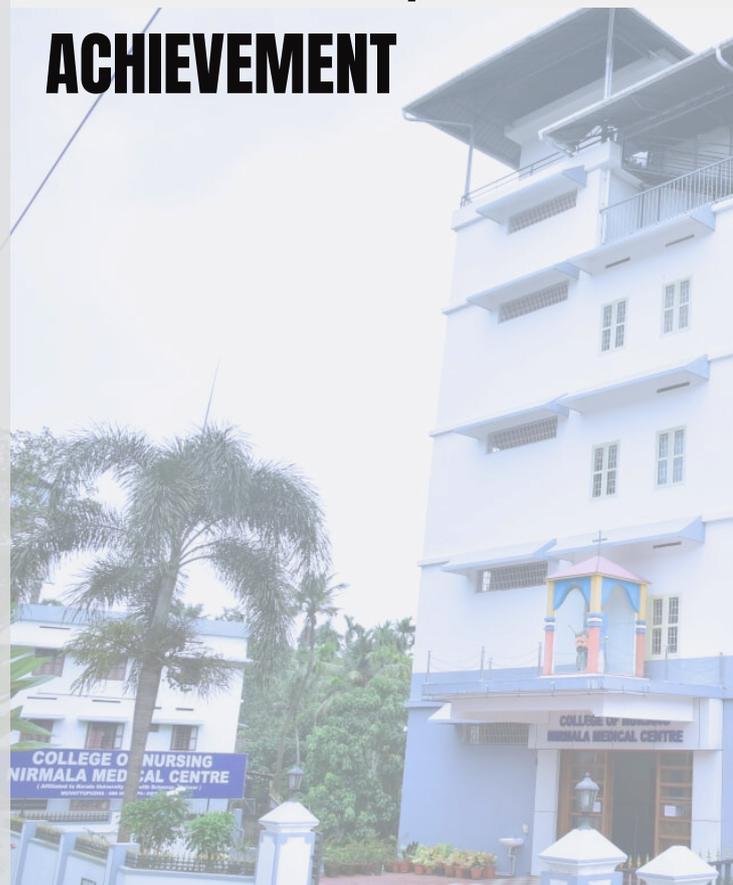
Equal importance is given to clinical exposure, ensuring students gain confidence, competence, and compassionate care skills.

The institution actively promotes research activities, seminars, workshops, and academic competitions to nurture critical thinking and professional growth. Co-curricular and extracurricular activities are encouraged to foster leadership, teamwork, and communication skills.

Community outreach programmes further strengthen students' sense of social responsibility and service.

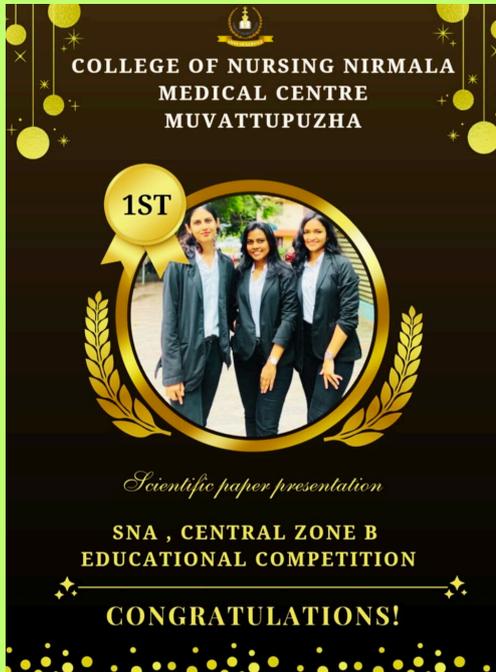
Through this holistic approach, we ensure the overall development of nursing students into skilled, ethical, and dedicated healthcare professionals.

CELEBRATING GROWTH, COMMITMENT, AND ACHIEVEMENT



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SNA STATE LEVEL WINNERS



Bringing pride and honor to the institution, a team of three BSc Nursing students secured distinction at the State Level Scientific Paper Presentation Competition organized by the Student Nurses' Association of India. Competing among participants from various nursing colleges across the state, the students demonstrated outstanding academic depth, research aptitude, and confident presentation skills.

Their paper, which addressed a relevant and contemporary topic in nursing practice, was highly appreciated by the judges for its scientific rigor, clarity, and practical implications. The collaborative effort of the team reflected strong teamwork, critical thinking, and effective communication.

This remarkable achievement highlights the institution's commitment to promoting research culture and academic excellence among students. The management and faculty congratulated the winners for their dedication and for elevating the college's reputation at the state level.

Our students brought laurels to the institution by winning numerous prizes in various cultural and sports competitions conducted at intercollegiate and state levels. Their outstanding performances reflected not only talent and creativity but also dedication, teamwork, and sportsmanship. These achievements highlight the holistic development encouraged at our institution, balancing academic excellence with extracurricular success.

An Educational and Recreational Visit to Science City, Kottayam

Second Semester BSc Nursing Students

The College of Nursing, Nirmala Medical Centre, organized an educational picnic to the Science City Kottayam as part of its commitment to experiential learning and student well-being. The visit provided students with a refreshing break from their academic schedule while offering valuable exposure to scientific innovations and interactive exhibits.

During the visit, students explored various science galleries, models, and hands-on displays that enhanced their understanding of scientific concepts and technological advancements. The planetarium show and interactive sessions were particularly engaging, sparking curiosity and encouraging critical thinking. The trip also fostered teamwork, bonding, and meaningful interaction among students and faculty members outside the classroom setting.

Beyond recreation, the picnic served as an opportunity to strengthen peer relationships, promote stress relief, and nurture a spirit of exploration. The day concluded with joyful moments, shared laughter, and lasting memories, making it a meaningful and enriching experience for all participants.



The outing also encouraged students to appreciate the relevance of science and technology in healthcare and everyday life. Faculty members guided reflective discussions, helping students connect their observations to nursing practice and innovation. The serene campus environment added to the enjoyment, creating a perfect blend of learning and relaxation. Overall, the picnic was a delightful experience that combined education, recreation, and camaraderie.

NEWSLETTER

MAJOR EVENTS

2025

WORLD DIABETES DAY CELEBRATION – 14 NOVEMBER 2025

The Third Semester BSc Nursing students of the College of Nursing, Nirmala Medical Centre, actively organized and observed World Diabetes Day on 14 November 2026 with great enthusiasm and social commitment. The programme aimed to raise awareness about diabetes prevention, early detection, and effective management within the community.

The event began with an inaugural session highlighting the significance of the day, followed by health education activities focusing on risk factors, lifestyle modification, dietary management, and the importance of regular blood glucose monitoring. Students conducted a screening camp where blood sugar levels and Body Mass Index (BMI) were assessed, along with personalized counseling for participants.

Awareness posters, skits, and interactive sessions were organized to emphasize the importance of healthy living and early intervention. Through this initiative, the students demonstrated professional responsibility, teamwork, and a strong commitment to community health promotion. The programme was both informative and impactful, reinforcing the vital role of nurses in combating the growing burden of diabetes.



COMMUNITY HEALTH EDUCATION PROGRAMME – NEAR MUVATTUPUZHA

The Eighth Semester BSc Nursing students of the College of Nursing, Nirmala Medical Centre, organized a community-level health education programme in a locality near Muvattupuzha as part of their community health nursing posting. The programme aimed to promote awareness on preventive healthcare practices and empower residents to adopt healthy lifestyle behaviors.

The students conducted interactive sessions on topics such as non-communicable diseases, personal hygiene, nutrition, communicable disease prevention, and the importance of regular health check-ups. Educational charts, demonstrations, and pamphlets were used to enhance understanding and encourage active participation from community members.

A screening and counseling session was also organized to assess basic health parameters and provide individualized guidance. The initiative strengthened students' practical skills in community assessment, health education, and communication, while reinforcing the vital role of nurses in promoting public health at the grassroots level.



SCHOLARSHIP PROGRAMME BY CHITTIAPPILLY FOUNDATION – 22 NOVEMBER 2025

A Scholarship Programme by the Chittilappilly Foundation was organized at the College of Nursing, Nirmala Medical Centre, on 22 November 2025. The programme aimed to support and encourage deserving students by providing financial assistance to continue their professional education with confidence and dedication.

The event began with a warm welcome, followed by an address highlighting the importance of educational support in shaping future healthcare professionals. The representatives of the Foundation shared inspiring words about perseverance, social responsibility, and the value of giving back to society. Scholarships were distributed to selected students based on merit and need, recognizing their academic commitment and aspirations.

The programme served as a motivating platform for students, reinforcing the message that hard work and determination are always supported. The management, faculty, and students expressed sincere gratitude to the Foundation for its generous initiative and continued commitment to empowering young learners.



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