It is my privilege to welcome the aspiring students to St. Stephen’s Hospital College of Nursing which has created its own fame during the last 6 years. St. Stephen’s Hospital College of Nursing ensures high quality professional education through various innovative programmes keeping ‘A’ grade in position among other colleges affiliated to IP University.

You have come not by chance but chosen by Lord Jesus Christ to His own institute. I can assure you that you are going to become a part of a high-spirited college with continuous learning.

In the journey of achieving excellence, students are active partners. St. Stephen’s Hospital College of Nursing will impact your life forever. The teachers are involved in teaching, counseling and research work. They guide and assist the students in developing and refining their individual skills. I wish you Best of Luck!

Thank you for your interest in studying at St. Stephen’s Hospital College of Nursing.

Congratulations to all the students for their success in the annual examination!

Mrs. Mary Sarma
Principal
College of Nursing

Mrs. Mary Sarma, joined in 1983 and has been associated with St. Stephen’s Hospital College of Nursing (then School of Nursing) in the process of teaching and learning for the past three decades. She has done her specialization in Paediatric Nursing. She was appointed as the Vice Principal of the College of Nursing from August 2008 and as Acting Principal from March 2014. She got promoted as principal on 1st April, 2015. She has carried out her office responsibilities along with the teaching and supervision of the students in the clinical areas with diligence and integrity.

She also takes active part in all the institutional activities. Apart from these she has been appointed as Inspector by Indian Nursing Council (INC), Delhi Nursing Council (DNC) and also as an Examiner by the University and the Council. She shares her expertise as a resource person in the Trained Nursing Association of India (TNAI) at national and institutional level. She is a life member of TNAI and Association of Paediatric & Neonatal Nurses in Delhi. She has attended many workshops and seminars. She is committed, creative and a dedicated staff. She is a good organizer, pleasant person and a conscientious worker.

Farewell is the time to say Goodbye. It simply means we will miss you until we meet again. Farewell of GNM interns (batch 2011-2015) was organized on 31st January 2015 in the Conference Hall of St. Stephen’s Hospital. The chief guest for the occasion was Dr. Sudhir C. Joseph, Director, St. Stephen’s Hospital. The programme included several activities like skit, dance and songs. Ms. Kirti was crowned ‘Ms. Stephens’ during the function. The GNM 3rd year students also showed a documentary film that depicted the fun moments their seniors had at college and hostel. It was an emotional and lovely moment for everyone.
“Anugoonj 2015” an event organized by Guru Gobind Singh Indraprastha University was held at the Ideal Institute of Management and Technology, Karkardooma, Delhi on 11th February 2015. The students of B.Sc. (Hons.) Nursing participated in various competitions like on-the-spot painting, declamation, rangoli, group song, solo song, one act play, street play and quiz competition. Ms Amith Mathew of B.Sc (Hons.) 4th year secured the 2nd position in on-the-spot painting and students of B.Sc (Hons.) Nursing 2nd year secured 3rd position in quiz competition. It was a great learning experience and a field to excel.

**SR. ALICE WILKINSON AWARD AND ORATION FUNCTION 2015**

St. Stephen’s Hospital organized Sr. Alice Wilkinson Award & Oration Function on 16th February 2015 at 3:00 pm in the Conference Hall. Prof.(Mrs.) Bharathy Jacob, Principal, College of Nursing Christian Institute of Health Sciences & Research (CIHSR), Dimapur, Nagaland presided over the function as the Chief Guest and was honoured with the prestigious Sr. Alice Wilkinson Award during this function. Mr. Inderjeet Khanna, Vice-Chairman of St. Stephen’s Hospital Society and Dr. Sudhir C. Joseph, Director of St. Stephen’s Hospital graced the function with their presence. The Hospital staff, students and other distinguished guests were also part of this grand function.

The programme started with prayer by Rev. Bendang Lemtor, Hospital Chaplain and prayer song by the students. It was followed by Welcome Address by the Director, Dr. Sudhir C. Joseph, Prof. Dr. A. T Kora, Nursing Superintendent, presented a tribute to Sr. Alice Wilkinson by featuring her contribution to Nursing. Sr. Alice was a pioneer of nursing education in St. Hospital as well as the entire country. She was one of the founders and President of the Trained Nurses’ Association of India (1942-1948) and also a co-author to the constitutional Council. Sr. Wilkinson Award was instituted by St. Stephen’s Hospital in memory of her memory to the field of Nursing. Mrs. Mary Sarma, Acting Principal of the St. Stephen’s Hospital College of Nursing read out the citation of Prof. (Mrs.) Bharathy Jacob and highlighted her contribution and significant achievement in Nursing.

Mrs. Bharathy Jacob has distinguished herself by her pioneering work of establishing the first Nursing College in the state of Nagaland. She started the GNM and Post- Basic B.Sc. Nursing programmes in 2011 and B.Sc. (Hons) Nursing in 2014 in College of Nursing, CIHSR, Dimapur, Nagaland. Prof.(Mrs.) Bharathy Jacob gave the Sr.Alice Wilkinson Oration on “Trends in Nursing Education and the Future of Nursing in India”. She introduced the topic with history and status of nursing education in India. She then spoke about Nursing in modern times and its changing status. She outlined the trends in nursing education by discussing about various aspects like expansion and globalization of education, standardization of education, greater flexibility in the higher education sector, privatization of higher education, quality orientation, increased demand for advanced educational preparation, focus on student centered education, shared competencies, changes in technologies of instruction and lifelong learning. She closed the oration with thought on options for action and future of Nursing in India.
The students took the Nurse’s Pledge under the leadership of Prof. Dr. A.T. Kora, Nursing Superintendent. After a meaningful prayer song by the students, Mr. Inderjeet Khanna, Vice-Chairman of the St. Stephen’s Hospital Society addressed the audience with his inspiring thoughts. The Chief Guest shared her valuable thoughts and motivated the gathering especially the 1st Year students and the graduates. It was followed by distribution of Degree and Diploma certificates to graduates of B.Sc. (Hons) batch 2010 and GNM batch 2011. Meritorious students were presented awards and certificates during the function. The ‘Best Outgoing Graduate Award’ was bestowed upon Ms. Shashi Negi for excellence in academic and extra-curricular performance. Students shared their College experience and expressed their gratitude through feedback. A memento was presented by Dr. Sudhir C. Joseph, Director to the Chief Guest as a token of our love and gratitude. The programme concluded with Vote of Thanks by Ms. Christina George, Asstt. Professor of College of Nursing and benediction by the Chaplain. The function ended with the Hospital and National Anthems.
**Hearty Congratulations!**

Prof. Dr. Aleyamma T. Kora, our Nursing Superintendent has been awarded the Doctor of Philosophy in Nursing from Indira Gandhi National Open University on 31st July 2015.

**WHO DAY PROGRAMME**

SNA celebrated ‘WHO Day’ on 7th April 2015 at 10:30am in the Patient Waiting Area of our hospital. The theme of the programme was “Food Safety from Farm to Plate, Make the Food Safe”. The Chief Guest Dr. Sudhir C Joseph, Director, St. Stephen’s Hospital inaugurated the programme. Students performed a skit on the theme, and gave health education on different topics such as food safety, hand hygiene, food adulteration, balanced diet and Consumer Protection Act. The audience actively participated in the demonstration of hand washing technique.

The farewell for B.Sc.(Hons)Nursing batch (2011-2015) was organized on 21st April, 2015 in Conference Hall with the theme ‘Sayonara’. The programme started with a word of prayer. The chief guest of the occasion was Dr. Sudhir C Joseph, the Director of St. Stephen’s Hospital. He gave an inspirational speech. Mrs. Mary Sarma, Principal, College of Nursing also shared her words of wisdom. Ms. Vandana Bhandari was adjudged “Miss Personality” for the day. Both B.Sc and GNM students gave outstanding cultural performances during the programme. The function concluded with a small documentary film which represented the journey of the outgoing students in the institution.
International Nurses Day 2015

International Nurses Day was celebrated based on the theme “Nurses: A Force for Change: Care Effective, Cost Effective” on 12th May 2015.

SNA organized a poster making competition for the students. There was active participation in the competition and students expressed their thoughts through their posters. Ms. Aman Malik of B.Sc. (Hons) 2nd year won the First prize.

SNA ELECTIONS 2015

The SNA elections were held on 9th August 2015. The elections were conducted in the Nurses Hostel Mess by secret ballot. All the students voted enthusiastically for electing the new office bearers. The selected members are as follows-

Vice President Ms. Gloria Samuel, B.Sc. (Hons) 4th year
Secretary Ms. Rinu Prasad, GNM Intern
Ms. Ritu Khatri, GNM 3rd year
Treasurer Ms. Shiby Abraham, B.Sc. (Hons) 3rd year
Jt. Secretary Ms. Aman Malik, B.Sc. (Hons) 2nd year
Jt. Treasurer Ms. Shifa, GNM 2nd year

Like every year, this year too St. Stephen’s Hospital College of Nursing welcomed the new batch of GNM and B.Sc. (Hons) Nursing students with a warm heart. The Chief Guest for the function was Dr. Sudhir C. Joseph, Director of the hospital. He encouraged and welcomed the blooming blossoms with his kind words. Our principal, Ms. Mary Sarma too welcomed the students and threw some light on the history of celebrating the Onam festival. The theme for the day was “Colours of India” and the freshers were beautifully dressed up. A special dance called Tiruvathira was performed by BSc. students along with other cultural items. Ms. Merlin Varghese of GNM was chosen as ‘Ms. Fresher 2015’. To motivate the students a flower carpet competition called “Attapookalam” was also organized on the occasion of Onam. Everybody enjoyed the programme specially the “Onam Sadhya” (lunch).

CROSSWORD

ACROSS
1. Collection of free air in the thoracic cavity
4. Moist membrane covering the lungs and chest cavity wall on each side
6. Tiny air sacs where there is exchange of gases between the air and blood
8. Condition where one or more area of the lungs collapse due to blockage of the air passage or pressure outside the lungs
9. “Pink Puffers”

DOWN
1. Area at the back of the throat where the mouth and the nasal cavity meet
2. Test for screening TB; positive result is measured by the size of induration in mm
3. Bronchial spasm resulting in decreased air movement and air trapped in alveoli
5. Flat sheet of muscle separating the chest cavity from abdominal cavity
7. Flap of tissue which prevents food from entering windpipe during swallowing
Ms. Sahista as Clinical Instructor Gr. II
Ms. Preeti Lodhi as Clinical Instructor Gr. II
Ms. Subha Mathew as Clinical Instructor Gr. II
Ms. Amrita Khalko as Clinical Instructor Gr. II
Ms. Blessy P.J. as Clinical Instructor Gr. II
Ms. T. Asenla as Hostel Warden

Made By Ms. Amith Mathew, former B. Sc. (Hons.) Student who won 2nd position in on-the-spot painting in Anugoonj 2015.

Attapookalam (Flower Carpet) made by students

CONGRATULATIONS!!

Both our B. Sc. (Hons.) Nursing and GNM students fared well in the annual exams!

WELCOME

Ms. Christina George, Asstt. Professor
Ms. Moni Manisha Joel, Clinical Instructor

FAREWELL

Ms. Feba Geevarghese, Ms. Shoba George, Ms. Sheeba P. Nath, Ms. Nisha A. Raj, Student Members of Publication and Communication Committee

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