



# The Stephen's Chronicle

Official Magazine of St. Stephens Hospital College of Nursing

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*“For I know the plans I have for you”, declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.”*

- Holy Bible

## Principal's Ink



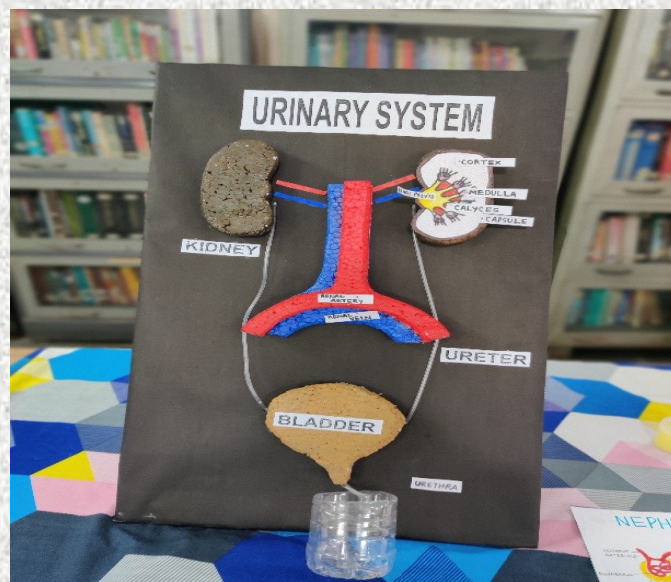
As we enter this New Year with prayerful hearts it is our desire that our College achieves greater heights during this year. We celebrated Republic Day with hoisting of the National flag by our Director Dr. Sudhir Joseph. Our College of Nursing for the first time organized a Grand Fete for the staff & students of our institute and it was a successful endeavor. We also had the Lamp Lighting and Graduation Ceremony for our students of current and previous batches. Our students after clearing initial rounds at the inter- collegiate level went on to participate in the finals in the University Cultural fest ‘Anugoonj’. Our faculty were sponsored to attend various Workshops outside the institution in line with Faculty Development Programme and they gained valuable knowledge updates through them. Our B.Sc. Nursing students appeared in the Final University Examinations and are now eagerly waiting for the results. B.Sc. Nursing final year batch of students left the College after completing the Course and are ready to start their professional Nursing career.

We are deeply grieved at the sudden and untimely demise of Ms. Urmila Karki one of our former GNM students of Batch 2016 who was working at A.I.I.M.S Raipur. She donated her organs and will be forever remembered as a nurse who even after death gifted life to others in need! Salutations to you!!

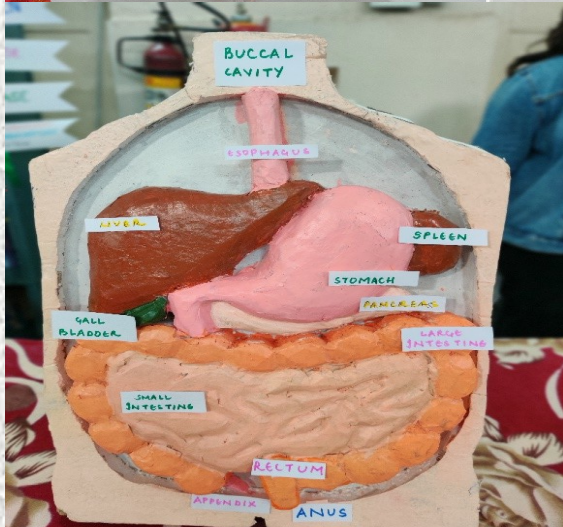
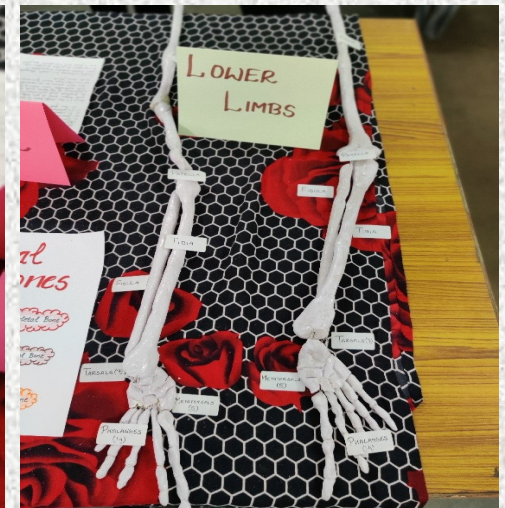
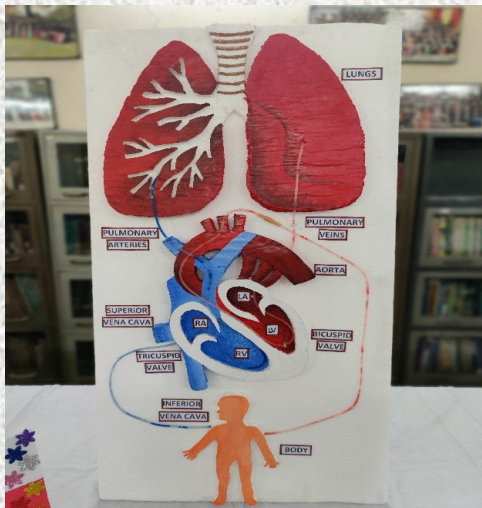
**Prof. Dr. Feba Geevarghese**  
Principal  
St. Stephen's Hospital College of Nursing

## ANATOMY MODEL EXHIBITION

B.Sc. (H) Nursing 1<sup>st</sup> year students conducted an Anatomy Model Exhibition on 7<sup>th</sup> January 2023 at College of Nursing. The students were divided into eight groups consisting of 3 students in each group. Each group presented models of various systems of the body such as Respiratory system, Cardiovascular System, Skeletal System, Lymphatic System, Integumentary System, Gastrointestinal System, Genitourinary System and Neurological System.







## GRAND FETE

Under the guidance of Prof. Dr. Feba Geevarghese, Principal, College of Nursing organized a ‘Grand Fete’ for the students and staff of the Hospital on 25<sup>th</sup> January 2023 at the Old Administrative Block Lawn. The Fete was inaugurated by our respected Sir Dr. Sudhir C. Joseph, Director, St. Stephen’s Hospital. The students and faculty enthusiastically participated and took initiative to set up food stalls with scrumptious food items like- Chole bhature, biryani, Chinese platter, kappa fish curry, fried chicken and fish etc. There were exciting game stalls like throw the ball, hoopla and catch the heart. Attractive selfie corners and song dedication stall were also set up. The highlight of the event was the Lucky Draw. The prizes were distributed by our Chief Guest, Dr. Sudhir Joseph. The students had a good time of enjoyment and refreshment







## REPUBLIC DAY CELEBRATION

On 26<sup>th</sup> January 2023, the students attended the Flag Hoisting Ceremony on the terrace of Mother and Child Block. The students sang a special song on the day. Dr. Sudhir C. Joseph, Director St. Stephen's Hospital addressed the gathering





## LAMP LIGHTING AND GRADUATION CEREMONY

The Lamp Lighting Ceremony of 1<sup>st</sup> Year Nursing Students of the 2020-2022 Batches of B.Sc. (Hons.) Nursing & GNM and Graduation Ceremony of the 2018-2020 Batches of M.Sc. Nursing, 2016-2017 Batches of B.Sc. (Hons.) Nursing, 2019 Batch of Post Basic B.Sc. Nursing and 2017-2019 Batches of GNM Students was organized on 14<sup>th</sup> February 2023 at the Old Administrative Block Lawn, St. Stephen's Hospital, Delhi. The Chief Guest for the occasion was the Hon'ble Padmashree Prof. Dr. Mahesh Verma, Vice Chancellor, Guru Gobind Singh Indraprastha University, Delhi. He addressed the gathering with his words of wisdom and motivated the students. Rt. Rev. Dr. Paul Swarup, Chairman of St. Stephen's Hospital Society and Bishop of Delhi Diocese, Church of North India also graced the occasion with his presence. The budding nurses lit their lamps and took the Nurses pledge. Degrees and Diplomas were conferred to the graduates. Prizes were given to the meritorious students. Best outgoing student Award winners were Ms. Pristina Ep-siba, B.Sc. (Hons.) Nursing programme, Ms. Manisha, Ms. Raiyana Rukaiya and Ms. Anjali of General Nursing & Midwifery programme.







## ANUGOONJ 2023



Anugoonj is one of the biggest cultural fests in Delhi with more than 150 colleges and around 80,000 students taking part. This is the competition for which participants train all year round. The name "Anugoonj" literally translates to "echoing of the small efforts" and in accordance with this meaning, students get an opportunity to realize their hidden talents and get a chance to receive appreciation for their

work. The Annual fest- Anugoonj (Prelims) of Guru Gobind Singh Indraprastha University was held on 23<sup>rd</sup> and 24<sup>th</sup> of February, 2023 at Ideal Institute of Management and Technology, Karkardooma, Delhi. Our college also participated enthusiastically with more than 30 participants who widely participated in events such as Group song- Western, Street Dance, Rangoli making, Debate- English, Debate-Hindi, On the Spot Painting, Collage, Cartooning, Western Vocal (Solo), Just a Minute (English) and Quiz. The results of various events of Prelims were declared on 24<sup>th</sup> February. The following students were qualified to compete in the Anugoonj finals from our College:

Ms. Ghanakshi, Post Basic B.Sc. Nursing 2<sup>nd</sup> year student, had won the First position in prelims competition of 'On the Spot Painting'.

Ms. Shereena Shaji, B.Sc. (Hons) Nursing 1st year student, bagged First position in the event 'Just a Minute- English'.

Our students also got Second position for Group Song (Western).

Anugoonj finals were held from 2nd to 4th March at Guru Gobind Singh Indraprastha University, Dwarka, Delhi. All students participated enthusiastically in the events and their performances were appreciated by all.





### COMMUNITY HEALTH NURSING

GNM 3<sup>rd</sup> year Nursing students of St. Stephen's Hospital College of Nursing conducted a Role play on 27<sup>th</sup> March 2023 at 10 A.M. on the topic- "Anaemia and its Prevention" at St. Stephen's Hospital Community Health Centre, Sunder Nagri, Delhi . The Role play was conducted in Hindi language and was organized under the supervision of the Faculty of College of Nursing. After the Nukkad Natak, roasted Black Gram, rich source of iron was distributed to the audience. The audience and the health personnel who witnessed the role play appreciated the efforts of the students.







## WORLD HEALTH ORGANIZATION (WHO) DAY 2023

### Collage Making Competition

The World Health Organization (WHO) celebrated its 75<sup>th</sup> Anniversary on 7<sup>th</sup> April 2023. On the occasion of WHO Day, the Student Nurses Association, under the guidance of Prof. Dr. Feba Geevarghese, Principal, College of Nursing organized a 'Collage Making competition' on the theme-'Health for All'. The competition was conducted on 14<sup>th</sup> April 2023 at 3:00 PM in the Library. The students of all classes actively participated in the competition. There were 7 groups of 4-5 members each.



The groups were given 1 hour to prepare their collage using paper cuttings from newspapers, magazines, photos, materials etc. The collage had to illustrate a sub-theme from the main theme. The judges of the competition were Mr. Innocent Xess, General Superintendent, Dr. Atul Phillips, Senior Consultant and Ms. Gracy Phinao, M.Sc. Nursing Tutor.

The winners of the competition were as follows:

**1<sup>st</sup> Position- GNM 2<sup>nd</sup> years** (Ms. Manisha, Ms. Priyanka, Ms. Kashish Bhojwani, Ms. Reetika Rose, Ms. Deepika)

**2<sup>nd</sup> Position- B.Sc. (H) Nursing 3<sup>rd</sup> years** (Ms. Shristi, Ms. Riya Pankaj, Ms. DK Thaiyinagmui, Ms. Simmi)

**3<sup>rd</sup> Position- B.Sc. (H) Nursing 4<sup>th</sup> years** (Ms. Delna, Ms. Jasela, Ms. Angel Sara, Ms. Ann Teresa, Ms. Serin Shaji)

The competition was appreciated by the Principal, Prof. Dr. Feba Geevarghese.





## DEBATE COMPETITION

Department of Medical Surgical Nursing of St. Stephen's Hospital College of Nursing organized a Debate competition on the occasion of "World Health Day" on 22<sup>nd</sup> April 2023. The Panel of judges were Prof. Dr. Feba Geevarghese, Principal, Dr. Abha Mangal, H.O.D of Community Health and Dr Indu Kulshreshtha, Senior Consultant of Medicine. Each participant was given 2 minutes to express their opinions on AYUSH or Allopathy. The students showcased their critical thinking, public speaking and analytical skills in front of a panel of judges. The participants were well prepared and presented the arguments with confidence and clarity. Speaking for AYUSH, Ms Shereena bagged the first prize, Ms Arshia Tomy received second prize and Ms Mahima bagged third prize. Speaking in favour of Allopathy, Ms Angelina bagged first prize, Ms Rejeena got second prize and Ms Arpitha bagged third prize.

**The conclusion of the debate as expressed by the participants is as follows-**

AYUSH is an acronym for Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homeopathy and are the six Indian systems of medicine practiced mostly in India and some of the neighboring Asian countries. Ayurveda is the prime followed by Yoga Unani and Siddha. These traditional systems of medicine focus mainly on preventive, promotive and curative aspects by using herbs, plants, physical postures, healthy diets, meditations, etc. AYUSH proposes locating the root of an illness and then removing it all together, while Allopathy believes in providing patients with immediate comfort by eliminating the infection or ailment. AYUSH is the traditional medicine system that lead to side benefits rather than side effects. Ayurveda system of medicine is the traditional system of medicine of India, which developed almost 5000 years ago. The word Ayurveda means the science of life. Ayurveda is a part of Atharva Veda.

Allopathic Medicines is a term that describes what people consider to be modern medicine. Healthcare Professionals who practice allopathic medicine tend to take an evidenced based approach when they treat disease with these medicines. These are medicines which are made using extensively, researched and tested treatment. It gives an instant effect.

Additionally there is little to no scientific evidence that supports homeopathy or AYUSH practices as being effective. Now, suppose there is a situation where a person is going under cardiac arrest and is getting critical then at that time what will you choose for his treatment to save his life: Allopathy or AYUSH?





## WORLD IMMUNIZATION WEEK

World Immunization Week was celebrated in St. Stephen's Hospital from 24<sup>th</sup> to 30<sup>th</sup> April 2023. The theme for this year is "THE BIG CATCH-UP". The ultimate goal of World Immunization Week is for more children, adults – and their communities – to be protected from vaccine-preventable diseases, allowing them to live happier, healthier lives.

A Quiz competition was conducted on 24<sup>th</sup> April 2023 by the Child Health Nursing Department. The students who had Child Health Nursing as their subject actively participated. There were 3 teams, each consisting of 3 participants. The First Position was bagged by Team B (Ms. Muskan, Ms. Ashlyn, Ms. Jeslet). All students participated enthusiastically.



## STUDENT NURSES ASSOCIATION (SNA) ELECTION 2023

Under the guidance of Prof. Dr. Feba Geevarghese, Principal College of Nursing, The Student Nurses Association (SNA) Election 2022-2023 was conducted on 12<sup>th</sup> April from 12:30-1:30 PM under the supervision of SNA Committee members. Ballot system was used for the election. Two nominations from GNM and B.Sc (Hons.) Nursing batches for each of the posts were taken. All students actively cast their valuable votes for the various SNA posts. The votes were counted and the result was declared.

Congratulations to the new Office bearers! Wish you good luck for your efforts for all the forthcoming SNA activities and a big applause to the outgoing SNA representatives for your achievements!



SNA Post	Office Bearer
Vice President	Sherin Shaji
Secretary	Kritagya Thapa Mangar
Treasurer	Riya Pankaj
Joint Secretary	Mini Bhambri
Joint Treasurer	Priyanshi Prashad

## FACULTY DEVELOPMENT

- A workshop on National Academic Depository & Academic Bank of Credits was organized by the Examination Division of Guru Gobind Singh Indraprastha University, Delhi. Prof. Sheeba P. Joseph, Vice Principal of our Nursing College was sponsored by the Institution to attend the workshop on 14<sup>th</sup> February 2023. The Chief Guest of the programme was Dr. Mamta Rani Agarwal, Advisor I in AICTE.
- A workshop on Infection Control was organized by College of Nursing, AIIMS under Development of Nursing Services Scheme of Ministry of Health and Family Welfare (MoHFW), Government of India from 20<sup>th</sup> to 27<sup>th</sup> March 2023 at C.M.E.T wings, AIIMS, New Delhi. Expert speakers from different departments of AIIMS hospital and College of Nursing lead the sessions of the seven-day short course as resource persons. 3 faculty- Ms. Rana Kamar, M.Sc. Tutor, Ms. Vishakha Rawat, Clinical Instructor and Ms. Feba Sam, Clinical Instructor along with 4 Post Basic B.Sc. Nursing 1<sup>st</sup> year students were sponsored to attend the short course.



- A workshop on 'Preparing Nursing Institutions for NAAC Accreditation' was organised by CNE Department of Ahilya Bai College of Nursing, under the scheme 'Development of Nursing Services' by Ministry of Health and Family Welfare, Government of India from 24/02/2023 to 02/03/2023. Ms. Sheljy Shajan, Associate Professor and Ms. Jaya Simon, M.Sc. Tutor were sponsored by the Institution to attend the workshop. Topics such as eligibility & advantages of NAAC Accreditation, NAAC Accreditation for Nursing Institution etc. were covered by eminent speakers during the Workshop.

Each session of the workshop was enriching and able to sensitise the delegates to implement the activities vital to NAAC accreditation in their own institute.





**DEMISE**



Ms. Urmila Karki, our former GNM student (Batch 2016-2019) left for heavenly abode on 23<sup>rd</sup> February 2023. She was calm, composed and a bright student. She served as a Staff Nurse in St. Stephen's Hospital for three years. She carried out her duties and responsibilities with utmost diligence. She had recently joined AIIMS Raipur as a Nursing Officer. Even after losing her life she has been a blessing for many people. After been declared as brain dead her family consented with SOTO and donated her organs to save many lives. We are proud of her!

May her soul rest in peace!

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