



INSeR NEWSLETTER

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Institute of Nursing Sciences and Research
Malabar Cancer Centre (Post Graduate
Institute of Oncology Sciences & Research) [MCC(PGIOSR)]
Thalassery, Kannur

Message from the Director

It is with immense pride and a deep sense of accomplishment that we introduce the inaugural edition of the INSeR Newsletter, marking a significant milestone in the journey of the Institute of Nursing Sciences and Research (INSeR), an esteemed initiative of Malabar Cancer Centre. Since its establishment in 2018, INSeR has persisted in its commitment to advancing nursing education, equipping professionals with the expertise and compassion necessary to make meaningful contributions to healthcare and oncology research. Through rigorous academic training and pioneering research initiatives, we empower the next generation of nursing professionals to uphold the highest standards in patient care, clinical excellence, and medical advancements.

This newsletter is more than a publication—it is a platform for celebrating achievements, student initiatives, and institutional collaborations while fostering engagement within the medical community. By sharing insights, we aim to promote knowledge exchange, inspire innovation, and strengthen nursing education and research. Every contribution, whether in oncology nursing, research, or student-led initiatives, enhances healthcare excellence.

Sage Dadhichi, a revered figure in Indian mythology, embodied selflessness and unwavering dedication to a noble cause. Recognising the exceptional strength of his bones, he willingly sacrificed his life when the Devas



sought his help in overcoming their adversaries. His remains were used to forge the powerful Vajra weapon, ensuring protection for many. His story reflects profound knowledge, sacrifice, and commitment to the greater good—values deeply aligned with the ethos of INSeR.

Like Dadhichi's sacrifice, nursing professionals dedicate themselves to service, research, and healing. Their resilience and compassion drive medical advancements and improve patient care.

At INSeR, we instil knowledge, empathy, and leadership, shaping future nursing and oncology experts.

As we launch this newsletter, I thank our students, faculty, and supporters for their dedication. May it inspire collaboration and progress, advancing nursing education and healthcare for a more compassionate world.

Regards

Dr. Satheesan B

Director, Malabar Cancer Centre
Post Graduate Institute of Oncology
Sciences & Research

Message from the Principal



Every great story begins with a single step – a moment of courage, curiosity, and hope. As we launch the first edition of the INSeR Newsletter at the Institute of Nursing Sciences and Research, I am delighted to offer my warmest greetings. I am truly appreciative of our Director, Dr. Satheesan B., for his inspiring leadership, encouragement, and timely support which paves the path for our institution's growth.

This newsletter is a new platform where we will share our stories, achievements, upcoming events, and the vibrant spirit that defines Institute of Nursing Sciences and Research. It stands as a testament to the hard work, creativity, and collaboration of our institution. Each edition will highlight the experiences, accomplishments, and aspirations that make our college unique while also educating and inspiring readers. I am immensely proud of the ingenuity, diligence, and enthusiasm that have made this project a reality.

As we turn the pages of this first edition, may it inspire each of you to dream bigger, reach higher, and stay

connected to the vibrant spirit of our college. I encourage you to read, contribute, and take pride in the incredible journey we are on together.

Congratulations to all who contributed to this exciting new beginning. I would like to congratulate the Editorial Board of this News Letter for their outstanding work in completing the task on schedule. Also my heartfelt Congratulations to staff members and Students for their fruitful effort. I look forward to seeing this newsletter grow along with the incredible accomplishments of our college family.

Finally, I would like to leave you with the words of Ernest Holmes: "You are more than you appear to be – Life is greater than you have ever known it – The best is yet to come." Together, let's continue to build a future full of promise and success.

Regards
Prof. Dr. Rohini T,
Principal,
Institute of Nursing Sciences and Research (INSeR)

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New Year Celebration

The New Year celebration at INSeR, MCC brought staff members together in a loving and festive environment, full of joy and unity. A cheerful cake-cutting ceremony marked new beginnings, while gift exchanges reinforced the bonds among colleagues. Dr Prof Rohini T (Principal, INSeR) shared heartfelt New Year wishes, inspired everyone with her kind words and positivity.

Lamp Lighting Ceremony

The Lamp Lighting Ceremony for the seventh batch of B.Sc. Nursing students were held on January 7, 2025, at 10:00 AM. The event began with a prayer song by the college choir followed by a student procession. Dr. Simi Mohan (Class Coordinator & Associate Professor) welcomed the gathering, and the program was inaugurated by Prof. Dr. Rohini T, the Principal of INSeR. In her keynote address, she emphasized the value of the nursing profession. The Chief Guest, Mrs. Malathi V. V. (Nursing Superintendent, General Hospital, Thalassery), motivated the students with her remarks about the nursing profession. Prof. Dr. Rohini T. and Mrs. Shiny (Nursing Superintendent in charge at Malabar Cancer Centre) presented the lighted lamps to the students. Prof. Dr. Rohini T. then administered the oath, which was solemnly recited by the student nurses. Mrs. Shiny also delivered a felicitation address. The event concluded with a vote of thanks by Mrs. Neenu Pradeep (Lecturer, INSeR), followed by the National Anthem at 11:30 AM.

Thanksgiving Celebration

On 23 January 2025, the 2020 batch of INSeR MCC hosted Krithajna-2025, a heartfelt Thanksgiving celebration. The event began with a feast at 2 PM, followed by an official programme. Ms. Anagha V., a 4th-year B.Sc. Nursing student, warmly welcomed the gathering. Teaching and non-teaching staff shared fond memories and experiences, while students Ms. Athulya Joy, Ms. Titty



Merena Chacko, and Ms. Jismiya Mathew reflected on their four-year journey. As a token of love and gratitude, the batch presented a Kuthuvilakku to the institution. Principal Dr. Rohini T. delivered a keynote address, and Ms. Ann Treesa Thomas from the 2021 batch expressed appreciation for the seniors. The program concluded with the National Anthem, marking a memorable day.



Offshoots

Adult Health Nursing

BLS TRAINING

Basic Life Support (BLS) training was conducted for third-semester students at INSeR on 1st and 15th February. The students were divided into two groups, with the first group receiving training on 1st February and the second on 15th February. Trainers from MCC provided hands-on instruction. To evaluate the students' knowledge, pre-tests and post-tests were administered.

World Cancer Day

On 3rd February the third-semester students, in collaboration with MCC's Community Oncology Department, observed World Cancer Day at Jawahar Navodaya Vidyalaya, Mahe, under the theme "United by Unique." The event featured an exhibition; health talks by Dr Neethu and Dr Phinse on the risks of tobacco and alcohol, and a quiz led by Mr T.C. Pradeep from the Anti-Tobacco Cell. The programme concluded with a flash mob by INSeR students, emphasising the importance of early detection and cancer prevention. Students were recognised for their participation.

World Tuberculosis Day

On 24th March 2025, World Tuberculosis Day was observed in collaboration with the TB unit of General Hospital, Thalassery. Dr. Prashil (Pulmonologist) shared insights on tuberculosis in India, while Dr Jameela (Deputy Medical Superintendent) inaugurated the programme, highlighting prevention and modern treatment methods. Ms Malathy extended her felicitations, and Dr. Jayasree (Pulmonologist) provided a comprehensive overview of TB.

Students performed a flash mob and a skit; displayed posters themed "Yes! We Can End TB – Commit, Invest, and Deliver," and took part in a quiz competition. The programme concluded at 12:45 PM with a vote of thanks and a recognition ceremony, where students were presented with

mementos for their participation.



Observational visits

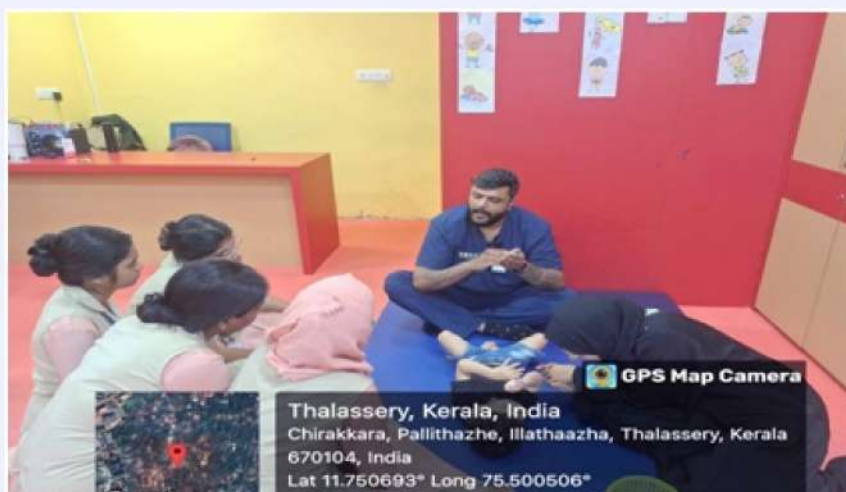
As a part of their academic program, fifth-semester B.Sc. Nursing students visited the Autism Centre in Kozhikode on 18th February. The visit was organized to enhance their understanding of the management and rehabilitation of children with Autism Spectrum Disorder (ASD) and to observe the multidisciplinary care approach in a specialized setting.

The sixth-semester B.Sc. Nursing students visited the Bairuh Foundation's HOPE Early Intervention Clinic at Chirakkara on 24/02/2025. The visit aimed to understand early intervention strategies and multidisciplinary therapies provided for children with developmental delays and disabilities. The visit provided insight into early childhood intervention and highlighted the vital role of multidisciplinary teams in addressing developmental challenges.

The students of Sixth semester visited Ashrayam Special School at Thottada, Kannur. The visit aimed to understand the functioning of a special education centre, observe the care and training provided to children with special needs, and recognise the role of nurses and therapists in their holistic development. It enhanced their knowledge of child development, disability management, and the contribution of healthcare professionals in supporting children with special needs.

Fifth Semester students visited the Destitute home under the Udayam project in Kozhikode to explore rehabilitative services and community psychiatric support for the underprivileged.

The 5th Semester students visited Santhi Bhavan Rehabilitation Center in Kozhikode to learn about caring for individuals with mental health issues, enhancing their understanding of patient-centered care.



Sayamprabha Home

The Department organised a programme at Sayamprabha Home, a daycare centre for the elderly run by the Social Justice Department and Thalassery Municipality, as part of INSeR's annual plan to support community. Former councillor Mr Divakaran welcomed attendees, followed by an address from ward councillor Ms Sheeja. The programme was inaugurated by Mr T.C. Abdul Quilab, Chairperson of the Welfare Standing Committee.

Household necessities, sponsored by INSeR staff and students, were distributed to the members. Felicitations were given by Dr. Rohini T (Principal, INSeR, MCC), Prof. Jose John (Vice Principal, INSeR, MCC), Dr Binuja P (Associate Professor, INSeR, MCC), Ms Deepa (Carer, Sayamprabha Home), and Ms Arsha (Student Representative, INSeR, MCC). The ceremony concluded with a vote of thanks from ICDS Supervisor Ms Sheena.

The 5th Semester students performed educational and entertainment activities. Members expressed gratitude and requested similar events in the future.

Offshoots

Community Health Nursing

The department organised an Anganwadi Nutrition Programme at Moozhikkara Anganwadi, where our fifth-semester students encouraged children and mothers to adopt healthy eating habits and improve their nutritional awareness. The event featured a nutritious food preparation competition for mothers, promoting creativity and collaboration. Prizes were awarded for the best nutritious dishes, fostering a spirit of healthy competition and community involvement.

The department organised a School Health Programme at Mappila LP School, Moozhikkara, to promote health awareness, hygiene, and well-being among students. The school Headmistress inaugurated the programme, followed by a health check-up assessing anthropometry and vision. Fifth-semester BSc nursing students used flash mobs and role play to educate students about health in an interactive way.

OBSERVATIONAL VISIT

Fifth-semester BSc Nursing students visited the Entomology Unit at Taliparamba to learn about district-level vector control initiatives and their role in public health.

On World Tuberculosis Day, the department launched an awareness programme at the Family Health Centre, Kodianeri. Dr Dhanya M.K., Medical Officer, delivered the welcome address, and ward councillor Mrs Vasantha inaugurated the event. Students educated the public through a flash mob, health exhibition, and a short play on the theme "Yes! We can End TB: Commit, Invest, Deliver."

Students also visited the Malabar Cancer Centre's water treatment plant, sewage unit, and rainwater harvesting facility to study purification techniques and water disinfection methods.



A school awareness program on blood and organ donation was successfully conducted at St. Joseph's Higher Secondary School, Thalassery by 5th semester students in collaboration with the Indian Association of Pediatrics (IAP) Thalassery to educate peers on donation importance. The awareness class was delivered by Dr. Johnny Sebastian, Consultant Pediatrician, Govt. Hospital, Thalassery. Students pledged support and created charts on donation topics like swap donors and organ compatibility. Dr. Simi Mohan and Mrs. Maneeja.S.S of Paediatric Nursing Department coordinated the program and the initiative ended with a commitment to further promote awareness.



Offshoots

Nursing Education

Lumina 2K25

Fifth-semester BSc Nursing students (2022 batch) organised Lumina 2K25, an AV Aid Exhibition to showcase their creativity and knowledge. Prof. Dr Rohini T, Principal of INSeR, inaugurated the event, followed by an exhibition of audio, visual, projected, and non-projected aids. Attendees participated in interactive educational activities.



OBSERVATIONAL VISIT

Fifth-semester students visited Government College of Nursing, Calicut, to gain insight into its vision, mission, educational philosophy, organisational structure, and curriculum.

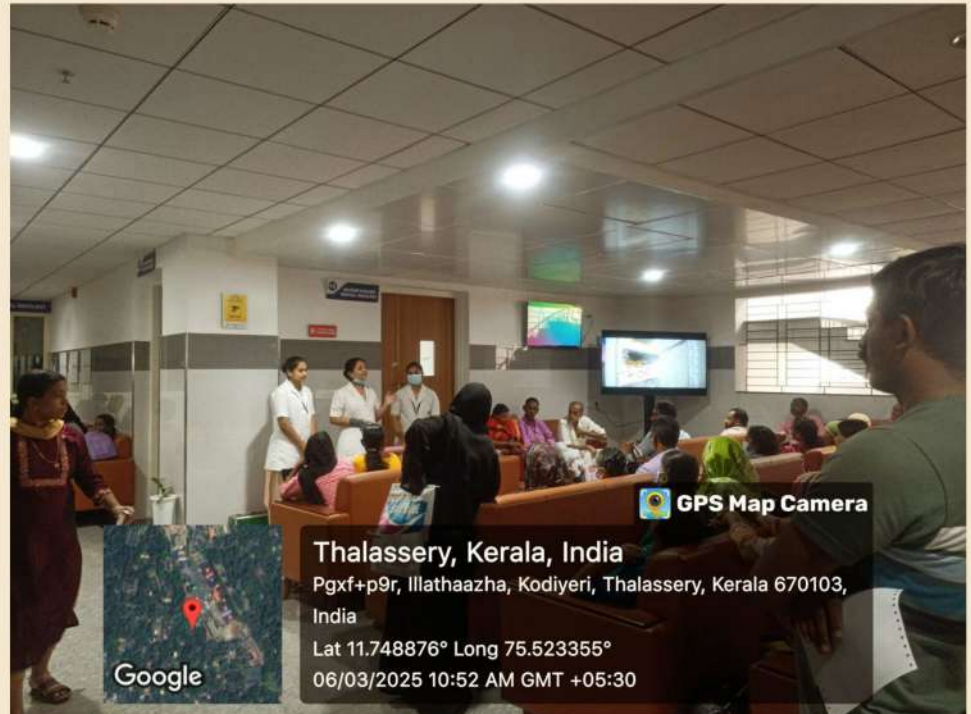


The government of Kerala launched a campaign “Aarogayam Anandam” for early screening and detection of cancer. As part of the campaign Malabar Cancer Centre conducted various programs from 17 February 2025 to 8 March 2025 which were designed to educate individuals on crucial aspects of cancer prevention, detection, and treatment.

The campaign was inaugurated by Dr. Adarsh Dharmaraj, Associate Professor and Division Head of Gynaecological Oncology at Malabar Cancer Centre. The event was effectively coordinated by Mrs. Anju P.P, Assistant Professor at the Institute of Nursing Science and Research (INSeR), with the valuable support of fourth-year B.Sc. Nursing students from the 2020 batch, who actively participated in the awareness initiatives.

Throughout the campaign, several awareness sessions were conducted across different Outpatient Department (OPD) blocks and hospital wards, ensuring wide-reaching engagement with patients and the general public. These sessions focused on significant health concerns such as breast cancer and cervical cancer, both of which require early detection and timely intervention for effective management. A key highlight of the programme was the discussion on available screening methods, particularly Pap smear tests, which serve as a critical tool in identifying cervical abnormalities at an early stage. Additionally, the sessions covered various treatment options, aiming to provide individuals with

comprehensive knowledge about the resources available for cancer care.



Flower Buds (Students Activities)

NSS Activities

On 14th January 2025, the NSS Unit of the Institute of Nursing Sciences and Research, Malabar Cancer Centre, marked National Youth Day with a clean drive at Kodiyeeri Public Health Centre near Children's Park. First-semester nursing students, equipped with gloves and garbage bags, cleared the area, promoting environmental awareness.

On 29th January, for National Voters Day, the NSS Unit organised a poster competition to highlight the importance of voting and civic responsibility. Students across semesters illustrated themes on democracy and voter rights.

The National Science Celebration showcased a dynamic exhibition where first-semester BSc Nursing students collaborated in groups, demonstrating their creativity and scientific expertise. Students presented working models illustrating the heart's blood flow, kidney filtration, gas exchange, and the processes of food digestion and nutrient absorption. Each group delivered clear and engaging presentations, encouraging discussions and enhancing understanding of complex biological concepts. This celebration successfully sparked curiosity and enthusiasm for science.

On 15th March, for World Consumer Rights Day, NSS volunteers held an awareness class at Kolaserry Urban Primary Health Centre. They educated the public on consumer rights, legal protections, and grievance redress. The session saw active participation from the community.

SNA/College Union Programs

On 24th January 2025, the 2021 B.Sc. Nursing batch, in collaboration with the Student Nurses Association (SNA), hosted "PhirMilenge" at INSeR campus to bid farewell to the 2020 batch. The event included a prayer song, welcome address, and inauguration by Principal Dr. Rohini T. Certificates and prizes were

distributed for SNA competitions, with the 2020 batch winning Jwala 24. Cultural performances added vibrancy to the occasion, which concluded with a vote of thanks and the national anthem.

On 6th March, the Kerala University of Health Sciences (KUHS) organised a Tug of War competition at Malabar Medical College. A team of nine students from our institution competed, advancing to the quarter-finals with strong teamwork and strategy.

The event fostered sportsmanship and interaction among colleges.

The Investiture Ceremony and Iftar Party on 28th March celebrated leadership and unity. The programme featured a welcome address, theme introduction, and a keynote speech by Principal Prof. Dr. Rohini T. Newly elected SNA executives took their oaths, followed by felicitations and sweet distribution. The event ended with a vote of thanks, marking a successful and memorable gathering.



SPORTS

CHESS

FIRST PRIZE - MR NIHAL (PANTHERS) 7TH SEM

SECOND PRIZE- MR NAVARAJ (EAGLES) 4TH SEM

THIRD PRIZE- MR. YADURAG (RHINOS) 1ST SEM

CARROMS BOYS

FIRST PRIZE - MR YADHURAG (RHINOS) 1ST SEM

SECOND PRIZE- MR ADARSH (RHINOS) 1ST SEM

THIRD PRIZE- MR. JISHAN (RHINOS) 1ST SEMESTER

CARROMS GIRLS

FIRST PRIZE - MS.FAZNA (BULLOS) 7TH SEM

SECOND PRIZE- MS.NIVEDIYA (PANTHERS HOUSE) 7TH SEM

THIRD PRIZE- MS.AAVANI (PANTHERS HOUSE) 7TH SEM

FOOTBALL

CHAMPIONS : TEAM PANTHERS

FIRST RUNNER UP : TEAM BULLOS.

ANTI DRUG AWARENESS PROGRAMME

On 11th March 2025, as part of the Student Support Guidance Programme, an awareness session on drug abuse was conducted in collaboration with the Taluk Legal Service Committee. The event began at 12:00 pm with a welcome address by Ms. Maneeja S.S, SSGP Nodal Officer. Principal Prof. Dr. Rohini T. delivered the keynote speech, stressing the importance of drug abuse awareness.

Adv. Jyothi Jagadeesh, District Court Lawyer and Legal Service Authority Mediator, led the main session, providing an in-depth analysis of drug abuse and its legal aspects. The programme concluded with an interactive Q&A session, where students clarified their doubts. Ms. Linju T.K., SSGP Nodal Officer, delivered the vote of thanks, and the session ended at 1:25 pm.



SELF-DEFENSE TRAINING

On 21st March 2025, as part of the Student Support Guidance Programme (SSGP), INSeR, in collaboration with the Kannur City Police Department, organised a training session to equip girls with essential self-defence skills. The event featured a keynote address by Prof. Dr. Rohini T., followed by an interactive session led by Mr. Vijesh C. and a dedicated police team. Participants received practical training and awareness on preventing sexual harassment. The programme concluded at 1:15 pm, leaving students more confident and prepared with vital self-defence techniques.



Faculty Induction Programme

The Faculty Induction Programme 2025 was successfully organised by the Institute of Nursing Sciences and Research (INSeR), Malabar Cancer Centre, on 8th March 2025. This event was specifically designed to acquaint newly appointed faculty members with their academic, pedagogical, and administrative responsibilities within the institution. The programme was attended by new faculty members, distinguished staff, and esteemed dignitaries, marking an important step in their integration into the academic community.

The session commenced with a warm and welcoming address delivered by Ms. Rinjuna K P, Lecturer at INSeR, who extended her greetings to all participants. This was followed by the first keynote speech, presented by Dr. Satheesan B, Director of Malabar Cancer Centre (Postgraduate Institute of Oncology Sciences and Research - PGIOSR). His address articulated the institution's overarching vision, highlighting the fundamental role that faculty members play in advancing nursing education and contributing to healthcare excellence. He underscored the significance of their work in shaping future generations of nursing professionals and fostering an environment of academic innovation.

Professor Dr. Rohini T, Principal of INSeR, then took the stage to deliver the second keynote speech, emphasising the importance of collaborative efforts in sustaining and enhancing academic excellence. She elaborated on ongoing initiatives designed to improve the quality of education and research,

shedding light on various strategies that the institution is implementing to elevate teaching methodologies, strengthen research output, and create a dynamic learning environment.

In addition to these insightful addresses, the programme featured a series of presentations conducted by faculty members. These presentations outlined the key institutional responsibilities entrusted to educators, offering a comprehensive overview of their roles and expectations. Through these discussions, attendees were provided with an in-depth understanding of their professional duties and the broader institutional framework within which they would operate.

The event drew to a close at 3:00 PM, having successfully imparted valuable knowledge and clarity to its participants. The Faculty Induction Programme served as an essential platform for fostering engagement, collaboration, and a shared commitment to excellence in nursing education and research at INSeR and Malabar Cancer Centre.



CNE

Date	Topic	Presenter
31/01/25	HAIR WASH	MRS.RINJUNA.K. P (Lecturer)
1/03/25	COLOSTOMY CARE	MRS.AMAYA. K (Asst. Lecturer)
22/03/25	COMMUNITY BAG	MRS.SRUTHI. P (Asst. Professor)

JOURNAL PRESENTATION

1. *A Quasi Experimental Study To Assess The Effectiveness of Communication Board on The Level of Communication Satisfactions Among Mechanically Ventilated Patients Admitted in Intensive Care Units of GGSMCH, Fand Kot, Punjab.*

By Mrs. Sruthi.P , Assistant Professor on 30/1/2025

2. *Awareness of Video Assisted Teaching Modules (VATM) on Knowledge, Attitude and Utilisation of Voluntary Counselling Testing Centre (VCTC) Service among the College Students in the Selected Colleges of Pondicherry.*

By Mrs. Vinsha .M, Lecturer on 1/2/2025

3. *Awareness on Cancer Cervix Willingness and Barriers for Screening Among Women: A Community Based Cross Sectional Study from Urban Pondicherry.*

By Mrs.Linju.T.K, Lecturer on 8/3/2025

INSeR State Conference 2025

The INSeR State Conference 2025 took place on 11 January at the Academic Seminar Hall, MCC (PGIOSR), with 108 delegates, including 25 from external institutions, gathering to discuss patient safety in nursing.

The conference explored the theme "Quality Horizons in Nursing: Pioneering the Change in Patient Safety". The conference chairperson delivered the keynote address, stressing the need for quality improvement in nursing.

The event included five insightful plenary sessions covering key aspects such as patient safety visions for 2025, the role of accreditation in promoting quality, perioperative patient care, best practices to minimize healthcare-associated infections (HAIs), and the impact of communication on patient safety.

A panel discussion on "Patient Safety Culture: Nursing Challenges," moderated by Dr. Rohini T, featured distinguished panellists who shared their expertise and perspectives.

Additionally, the conference hosted three poster presentations and one oral presentation related to the theme. The event highlighted the pivotal role of nurses in leading quality improvement initiatives and reinforced the importance of continuous learning, collaboration, and innovation in ensuring patient safety.

Webinar

The Department of Obstetrical & Gynaecological Nursing hosted a webinar on 20-21 March 2025, via Zoom, focusing on advancements in cervical cancer screening and treatment.

66 delegates attended, with seven experts from Malabar Cancer Centre and AIIMS, New Delhi sharing insights. The event began with Prof.

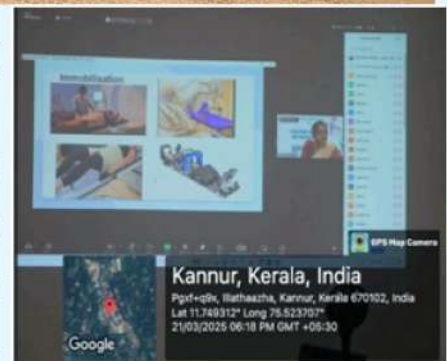


Jose John welcoming attendees, followed by a keynote address from Prof. Dr Rohini T.

Speakers covered key topics:

- Dr Adarsh outlined cervical cancer etiopathogenesis.
- Dr Rajana discussed screening methods.
- Dr Ashitha explained vaccination.
- Dr Geetha M provided an overview of radiation therapy.
- Mrs Sreelatha highlighted nursing's role in brachytherapy.
- Dr Praveen Kumar detailed chemotherapy.
- Dr Adarsh discussed surgical management.
- Ms Jagriti Chauhan illustrated nursing interventions with case scenarios.

The event concluded with a vote of thanks from Mrs Anju P.P., reinforcing its value in promoting early detection and effective management of cervical cancer.



On 28 February 2025, Prof. Dr. Rohini T (Principal, INSeR) led a session on "Steps in Quantitative Research," at the CNE conducted by the Department of Oncology Nursing at MCC, through its Clinical Nursing Education Unit.

Prof. Dr. Rohini T presented her insights on phenomenology and qualitative research design at the conference "Qualitative Research in Health Sciences" organized by The State Board of Medical Research, GMC Kannur, in collaboration with the Department of Community Medicine, Institutional Research Community, and Medical Education Unit.

Prof. Dr. Rohini T participated in a Capacity Building Workshop for PhD guides organized by National Consortium for Phd Nursing in Bangalore from 20 to 21 January 2025.



We extend our heartfelt congratulations to Ms. Anna Solly, a 3rd semester B.Sc Nursing student, for emerging as the winner of the Poster Competition themed POSH (Prevention of Sexual Harassment). Your creativity, effort, and impactful message truly stood out.



Tug of War Team



Investiture Ceremony



World Consumer Rights Day



National Science Day



Chief Editor: Dr. Rohini T, Principal, Institute of Nursing Sciences and Research
Editorial Board : Prof. Jose John (Vice Principal, INSeR), Dr. Harish Babu (Librarian, INSeR),
Mrs. Shincy Vinod (Asst. Lecturer, INSeR)

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