

Newsletter

2020

**ST. MARY'S COLLEGE OF NURSING
& PARAMEDICAL INSTITUTE**

ADDRESS

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St. Mary's Polyclinic is a 120 Bedded hospital, certified under ISO - 9001-2008. It is distinguished by its patient-friendly services and strong humanitarian ethos for providing quality health care. It was established in 1984 with the core aim of providing quality medical care at affordable prices.

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- Immunization
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- Digital X –Ray & Ultrasonography

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Editorial Team Message



Although that has been enduring in mind when it becomes real; is truly an interesting and exciting experience. This news letter was one such cherished work that had its roots in the persuasion. It would be a snapshot of the various activities and advancements for all associated with St. Mary's College of Nursing & Paramedical Institute, Kursi Road, Lucknow. Usually we fail to appreciate the good deeds of many people and activities that happen around us. This newsletter will be a medium to provide proper acknowledgment and respect all of these efforts and its results. This inaugural issue is a brief account of the important events held between 2018 - 2019 academic session. It is expected that wide support for this mission will be provided through the reader's valuable suggestions and comments. This is only a small step towards a long journey. To achieve progress and to meet objectives we have to cross numerous milestones. This maiden issue of newsletter should inspire all of us for a new beginning enlighten with hope, confidence and faith in each other in the road ahead..... Happy Reading!

- Dr. Brigeetha V.V (Director; St. Mary's Polyclinic)
- Dr. Vinod Joseph (Managing Director; St. Mary's Polyclinic)
- Dr. Shalu Vinod (Administrator; St. Mary's Polyclinic)

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We thank Lord God Almighty for being with us and showering, his blessing upon us all through the year. I immensely overwhelmed to appraise before you a brief account of what our St. Mary's College of Nursing & Paramedical Institute has attained in the last one year.

We, at St. Mary's College of Nursing gives copious opportunity to students to mould their personality through a system of wholesome learning, so that their earnest endeavor to achieve progress & prosperity in life is matched by an ardent desire which extend selfless service to the society.

BRIEF HISTORY OF ST. MARY'S COLLEGE OF NURSING & PARAMEDICAL INSTITUTE

St. Mary's College of Nursing & Paramedical Institute is a Christian Institution and an educational wing of St. Mary's Polyclinic which is run and managed by the St. Mary's Polyclinic Society Registered under Uttar Pradesh Society Act-1860. History of St. Mary's College of Nursing & Paramedical Institute commences from the humble beginning of our parent organization St. Mary's Polyclinic which was started by the divine inspired young lady Dr. Brigeetha V.V. Hailing from the state of Gods own country, she was quite aware of the health care needs of India but she was unaware that she was going to be an instrument in God's hands to relieve the sufferings of thousands of men and women in such a faraway land, among



people whom she didn't know nor had seen. Her spirit and dedication caught the vision to “SERVE GOD IN MEN”. Her vision and mission with prayer laid its foundation as St. Mary's Polyclinic in the year 1984. The start was only a very small indeed, with one doctor, two nurses and a few other Helpers, but later is what you now witness.

From the time of its establishment St. Mary's Polyclinic was actively involved in training health personnel and community members who provided health services to rural population especially in Gonda, Sitapur and Mohdabad areas of Uttar Pradesh. Training of traditional birth attendant and C.B.C. several training programs were conducted in association with SIFPSA. It was felt that there is acute shortage of health personals which hinders medical and health services in rural as well as urban community. In order to meet these demands and also to provide employment avenues to young girls and boys. St. Mary's Institute of Paramedical Sciences was started in 2007.

THE VISION & MISSION

With the philosophy of “Serve God in Man” we hope to prepare nursing students to be effective clinicians and leaders who will work to improve the health and health care of the community. St. Mary's College of Nursing & Paramedical Institute strives for excellence in accomplishing its mission through co-operative governance and ongoing evaluation. This vision will be accomplished in an intellectually stimulating and supportive environment, which fosters our students in collective pursuits.

INFRASTRUCTURE

On 1st of May 2017 St. Mary's College of Nursing and Paramedical Institute has been shifted to a new campus which was constructed according to the Indian Nursing council norms. Our institution has the state of the art facilities with adequate class rooms, fully equipped laboratories to learn and practice. Our full pledged facilities enable the students to attain the desired learning out come before their postings in the clinical area considering the complexities of the procedures.

LIBRARY

There is a separate spacious and well ventilated e-Library in our institution with more than 2500 Books, National and International Journals and uninterrupted internet connection. There are a sufficient number of shelves, cupboards, and racks with glass doors for proper and safe storage of books, magazines, journals. We are in the process of complete modernization of our library by complete computerization and procuring more books to reach the capacity of 3000 books by the end of 2018-19 academic sessions.

FACULTIES:

Both full time and part time faculties are selected with care and inducted as per the



norms prescribed by Indian Nursing Council. We have been privileged to have dedicated, teaching and non-teaching faculties who committed themselves under the guidance and leadership of our founder **Dr. Brigeetha V.V. (Director)**, **Dr. Vinod Joseph (Managing Director)** & **Dr. ShaluVinod (Administrator)** to accomplish the vision and mission of our institution with their valued professional knowledge and highly esteemed morals, values and systems.

HOSTEL FACILITIES

A separate girl's hostel is made available to our female students near by college campus. Each room has 3 inmates with adequate toilets and bathrooms in each floor. Hygienic facility for washing, drying and ironing cloths is provided. Facilities for indoor games like chess, carom board and outdoor games with a wide clean ground are offered for our students in the Hostel. Exclusive rooms like visitors rooms, recreation rooms are bestowed. A hygienic kitchen and dining hall to accommodate 60 students at one time is available, with continuous boiling water facility. Round the clock Male and Female Security Staff is ordained to ensure the safety of our students.

CURRICULUM AND INTEGRATION OF THEORY AND PRACTICE

Curriculum is aimed to prepare well skilled & qualified nurses to serve society. Practice makes man perfect. Theory should be well intergraded with preventive, curative and rehabilitative aspects of care to people across their life in wide variety of health care settings. To consider all these aspects we integrated and fostered the theory with suitable practical experiences and field experiences as prescribed by Indian Nursing Council. To expose our student's theoretical knowledge and to acquire advanced experience we provided Clinical Posting in DR. Ram Manohar Lohia Hospital , DR. Ram Manohar Lohia Institute of Medical sciences, Community posting in CHC BKT and Psychiatric Nursing Care experience by posting in **Noor Manzil Psychiatric Nursing Hospital**, Lucknow for 6 weeks. Also our students acquired community field experience and clinical specialty experiences in various community and well equipped hospital set up under the guidance and supervision of teachers.





Teacher's Day Celebration



Students at Community Health Camp



Faculty Outing Program



Ist Batch Bsc. Nursing Students Farewell



Teaching Practice for Students



CNE Certification for Students







"TO SERVE GOD IN MAN"



EVENTS & ACTIVITIES

- Hope organization conducted Hepatitis B prevention programme on 02/11/2018 at Kasierbagh. 40 Students and 2 teachers attended the programme.
- As a part of their academic requirement GNM 2nd year & Bsc Nursing 3rd year students visited Nur Manzil Psychiatric center for a period of 30 days during the month of January 2019.
- As a part of their academic requirement GNM 2nd year students visited RML hospital, Gomtinagar for a period of 60 days during the month of December & January .
- As a part of their academic requirement Bsc 2nd year students visited RML Institute of Medical sciences, Gomtinagar for a period of 30 days during the month of April 2019 .
- 10th Lamp lighting ceremony along with newly constructed road (sponsored by Dr. Denzil J. Godin, MLA) inauguration was organized on 15th December 2018. Dr. Denzil J. Godin MLA attended the programme as a Chief Guest.
- Nai Asha organized a seminar on Human Trafficking at St. Mary's College of Nursing. The speaker, a representative from the organization, interacted with the students and shared their views regarding human trafficking.
- On the occasion of World cancer day, painting competition for students was organized on 04/02/2019.
- On 06/02/2019, Virtual class room of St. Mary's College of Nursing along with 18 other selected colleges of Uttarpradesh was inaugurated by UPSMFAC through video conferencing. Dr. Brigeetha V V. Director of St. Mary's College of Nursing attended the programme as an invitee.
- With the guidance from JPHIEGO, Skill lab was established and made functional for the students training of MCH procedures.
- Condolence rally was organized for paying tribute to the soldiers who were killed in Pulwana terrorist attack. 400 students and faculties of both college of nursing & St. Mary's Polyclinic participated in the condolence rally.
- On 27/02/2019 Teachers approval inspection was conducted by Dr. RMLAU University. Expert panel allotted by VC of Dr. RMLAU university approved 11 nursing tutors and 4 Assistant. Professors as per their norms.

- 28/02/2019 Affiliation inspection was conducted by Dr.RMLAU University for the renewal of affiliation (BSC & PBBSC) for the 2018-2019 academic session. On the basis of the report submitted by the expert panel permanent affiliation was obtained for PBBSC Nursing.
- On 30th March 2019 Principal & Vice Principal approval inspection was conducted by Dr. RMLAU university.
- Cancer aid society organized a CME on Palliative care on 09/04/2019.
- Bhrama Kumari Organization conducted a motivation programme on 09/05/2019 related to the topic Positive thinking. Motivational speaker Prof. Gireesh Kumar addressed the students. 250 students were participated.
- Selected faculties of St. Mary's Polyclinic attended the Wokshop on Pre-service nursing quality education-organised by UPSMFAC & JHPIEGO at Hotel Dayal paradise, Gomti Nagar, Lucknow. Two manikins were sponsored by JHPIEGO to our college skill lab.
- On 09th August as a part of Chief Ministers Plantation drive programme 200 plants which was sponsored by Forest department Lucknow were planted in St. Mary's Campus.
- Campus Interview was conducted by BCM hospital, Khairabad for the placement of GNM and ANM 2018 Batch students. 24 students of GNM and ANM were shortlisted and recruited by BCM hospital as a Staff Nurse with immediate effect.
- Teachers day was celebrated on 05th September 2019 to honor the teachers.
- Picnic was organized for Bsc nursing 1st, 2nd & 3rd year students.



ACHIEVEMENTS

St. Mary's College of Nursing and Paramedical Institute was one among the institution selected by UPSMFAC & JHPIEGO for strengthening pre service education program for private nursing institutions in UP.

Final score obtained by St. Mary's College of Nursing and Paramedical Institute in strengthening pre service education was 93% which is much higher compared to other institutions.

Two faculties of St. Mary's College of Nursing and Paramedical Institute were selected as an assessor by UPSMFAC & JHPIEGO for the grading of private nursing institutions in Uttarpradesh.

Construction work for new hostel with all modern facilities was started to accommodate more hostel students

OUR STRATEGIES & FUTURE GOALS

We see a very bright future of our institute. One of our ongoing major project is establishment M.Sc. Nursing and Bridge program in accordance with higher bodies and state government norms from the next academic year. We ascertain that all these facilities will together deliver comprehensiveness and prestige to our institute and set the standards very high indeed. To be proud with our unique quality we see only a few centers in this city comparable to our institute and the credit goes to all the human resources of our esteemed institute especially to Dr. Brigeetha V.V, Dr. Vinod Joseph & Dr. Shalu Vinod, teaching and non teaching faculties who are discharging their duties with dedication, sincerity and vigor.

Let us resolve once again to make our institute the best in all aspects.





Cervical Cancer Awareness Poster Competition



Fire & Safety Mock Drill



Students Cultural Event



Unity is Strength; All can be a good Samaritan

Early identification coordination and implementation can bring fast results and good success. For example recently a Christian family was identified who were living under poverty, insecurity and inadequacy without having even home of their own. More ever living in an unauthorized house without electricity and water. Though they were not far away from accessibility, they were not identified where the senior most bed ridden elderly women who depended on here husbands meager income for some time. Later he was also passed away without any thing left for survival, so the family remained without any support. To add more crisis to the problem she had four sons. The two elders were mentally challenged. Though one was married, due to his illness his wife left him and his two children.

The younger two sons were surviving on temporary low paid jobs. Electricity was disconnected due to the non payment of bills and the two children slowly grown up in this insecure environment. They were studying in private local school. They managed to complete their intermediate exam. Due to nonpayment of school fees their certificates were withheld.

All these problems were identified by one teacher who informed St. Mary's Polyclinic and brought the bed ridden old lady to St. Mary's Polyclinic in a very bad condition with a fracture of femur which was broken by her mentally challenged elder son. Her condition was very bad; somehow she was looked after very well by dedicated doctors and nursing staffs of St. Mary's Polyclinic.

Initially her condition was improved but after a period of month she expired in the hospital. The funeral was done with the help of Sisters, few Parishioners and St. Mary's Polyclinic. Story did not end there. The family could not survive with the mentally challenged young man. With the help of Sisters they were put in to the care of Mother Theresa home. Without any hesitation Sisters of Mother Theresa accepted to keep him.

Left with the two 19 and 20 years old young youth, Dr. Brigeetha V.V Director of St. Mary's Polyclinic requested Fr. George of Don Bosco Technical School of Mohanlalganj to send the boy for a Diploma Course. Then it was realized that though they passed their intermediate exam, their intermediate certificate was withheld due to non payment of fees.

St. Mary's Polyclinic intervened and come to know that Rs.45,000.00 was pending against them, which was paid by St. Mary's Polyclinic and released the certificate. Father George was extremely kind to admit him into AC Mechanic Course. On further discussion with Father George he agreed to give Electrician Training and Driving as well for which St. Mary's Polyclinic paid the full expenses.

He is now in the fourth month of training. After two month he will

be out as a fully equipped to earn and support the family. The girl was taken to Shanti Nagar, Gonda by Sister Monica. She is working and learning there.

Earlier people use to help others with kinds. I feel better not to give fish, but to teach them how to fish. With everybody's support the family which suffered for many years will come out of their struggle slowly. Many have cooperated in this work. There are many such Catholic families which have to be identified with the cooperation of likeminded persons. Many more such families can be brought out from below poverty poor conditions to improved socio economic status through job oriented training and education. If we identify such cases with co-operation and leadership, many will come forward to help in the struggle so that our deprived Christian community will come out from their below poverty line.

STUDENTS INTAKE 2018-2019

Bsc Nursing	40 Students	Total – 207 Students
GNM	40 Students	
ANM	40 Students	
PBBSC Nursing	30 Students	
Diploma in O.T Technician	32 Students	
Diploma in Physiotherapy Technician		
Diploma in Dialysis Technician		
Diploma in Emergency Technician		
DMLT (BSS)	25 Students	



1. A Descriptive Study was Conducted in Selected Rural Area of Lucknow to Assess the Knowledge on Iron Deficiency Anemia among Reproductive Age Group (20-45 years) Women.

^ Ms. Dimpal Singh, Mr. Ranjeet Kumar, Ms. Sabiya Khatoon,
Ms. Saraswati Sah, Ms. Saumya Singh, Ms. Shaheen Bano, Mr. Shekhar Tiwari
^ Guide : Ms. Laxmi Shukla

Background: Anemia as a global public health problem is compelling and harmful as the epidemics of infectious diseases. In India 20% - 40% of maternal deaths are due to anemia and more than 50% of women do not have adequate iron stores for pregnancy.

Objectives: 1. To assess the knowledge on anemia among reproductive age group of women. 2. To find out association between knowledge with their selected demographic variables.

Methods: By using descriptive survey design 50 women who met the criteria were selected with purposive sampling technique. Data were analyzed by descriptive and inferential statistics.

Results: Study revealed that 3 (6%) of reproductive age group women had inadequate level of knowledge regarding anemia, 36 (72%) had moderate level of knowledge and 11 (22%) had adequate level of knowledge.

Conclusion: Women are the future of tomorrow hence they need to have adequate knowledge on iron deficiency anemia. The

Self-Instructional Module help the women to modify their behavior in regard to knowledge about it.

2. A Study to Assess the Knowledge Regarding the Hazards of Tobacco Use Among the Drivers in The Selected Areas of Lucknow With an Aim to Develop Self Instructional Module.

^ Ms. Akanksha Gautam Ms. Anju Verma Ms. Ankita Verma Mr. Arun Kumar
Ms. Asha Goswami Ms. Beena Daniel Ms. Sakshi Singh Ms. Shubhi Kashyap
^ Guide : Ms. Jijy P Jacob

Back Ground of the Study: Tobacco use is the single greatest cause of preventable death globally. As many as half of people who use tobacco die from complications of tobacco use. The World Health Organization (WHO) estimates that each year tobacco causes about 6 million deaths (about 10% of all deaths) with 600,000 of these occurring in non-smokers due to second hand smoke

Objectives: The aim of the study to assess the knowledge regarding hazards of tobacco use among drivers.

Methodology: In order to achieve the objectives of the study, descriptive design was adopted. purposive sampling technique was used to gather data from 30 samples by using structured interview schedule. The questionnaire consisted of two parts, i.e. demographic data and for assessing the level of knowledge. The findings of the study have been discussed with the reference

to the objectives and hypothesis and with the findings of the other studies. Descriptive and inferential data were used for data analysis.

Results: Study reveals that majority of 24 (80%) drivers were using chewing form of tobacco. and the starting age of tobacco chewing 11(36.67%) is in between 10-15 years, and 17(56.67%) drivers were motivated with peer pressure. The most of the drivers 13 (43.33%) were using 10-15 packets of tobacco per day, around 12 (40%) drivers got the information's regarding hazards of tobacco from the media. The majority of 23(76.67%) drivers were trying to quit tobacco and 20 (66.66%) drivers were using tobacco for other reasons. Around 20 (70%) drivers reported that they had anorexia after using the tobacco. And also 16 (53.33%) of them had moderate knowledge on hazards of tobacco consumption.

Conclusion: Appropriate steps are required to improve the knowledge regarding the hazards of tobacco use and to educate the society for maintaining the good health.

3. A Study to assess the effectiveness of Structured Teaching Program on the knowledge of Assertiveness and an Assertive Behavior among Nursing Students of St. Mary's College of Nursing, Lucknow

^Ms. Gayatri Verma, Ms. Shifali Lawrence, Ms. Shivani Mishra, Ms. Sunita Yadav, Ms. Supriya Singh, Ms. Vartika Singh, Mr. Vinay Maurya

^Guide : Ms. Jyoti Godiyal

Back ground of the study: Assertiveness is the ability to communicate needs, honest and direct way without violating the rights of others. It gives you freedom from guilt conscience as you know that you are right.

Objectives: 1. To assess the pre and post-test knowledge score of assertiveness and assertive behaviour. 2. To evaluate the effectiveness of structure teaching program on the knowledge among the nursing student. 3. To find out correlation between knowledge of assertiveness and assertive behaviour among the nursing student.

Methodology: By adopting One group pre-test post-test research design 30 Samples were taken by purposive sampling. Data were collected by using self-administered questionnaire during pretesting followed by post-test on seventh day. Data were analysed by descriptive and inferential statistics.

Results: Results found that 27(75%) had adequate knowledge

of assertiveness but no effectiveness found in assertive behaviour. And also, weak correlation (0.066) with knowledge of assertiveness and assertive behaviour

Conclusion: As the nurse works in different situations, they have to become assertive in order to meet the challenges and to win the cooperation from others. Assertive behaviour helps to adapt the changing social and professional environment. Hence, the administration of structured teaching program was effective on knowledge of students but ineffective on behaviour of students.

4. A Study to Assess the Effectiveness of STP On Knowledge Regarding Partograph Among Student Nurses in Selected College, Lucknow

^ Ms.Nisha Gautam Ms.Radha Verma Ms.Roli Singh Ms.Nidhee Maurya Ms.Riya Polley Mishra Ms.Archana Mr.Pradeep Yadav Ms.Reshma Bano

^Guide : Ms. Nidhi Rao

Back ground of the study: Labor has been termed the most dangerous journey a human ever undertakes. It is a natural process but complication can arise at any time during its course. One of the tools used to monitor labor and prevent prolonged and obstructed labor is the partograph a pre-printed one –page form on which labor observations are recorded, interpreted, analyzed and use data to make clinical management decision while labor is in progress.

Objectives: 1. To assess the pre- test and post - test knowledge regarding partograph. 2. To assess the effectiveness of STP on knowledge and 3. To associate the knowledge regarding partograph among student nurses with their selected demographical variables.

Methodology: One group pre-test post-test research design was adopted. purposive sampling method used to collect the data from 34 GNM 3rd year students. Self-administered tool consists of 5 demographic variables; 30 structured questionnaire and 1 practice questionnaire were administered before and after STP. Data were analyzed by descriptive and inferential statistics.

Results revealed that t test shows that mean post-test knowledge score regarding partograph (8.11) was significantly higher than mean pre-test knowledge score 23.44 at $P < 0.05$ level. The t value was significant ($t = 8.11$) at $P < 0.05$ level.

Conclusion: Education programme with effective teaching

strategies will motivate student nurses to follow healthy practices in clinical area.

5. A study to assess the effectiveness of IEC package regarding knowledge on health hazards of fast food among adolescents in St. Mary's College of Nursing, Lucknow.

^ Ms.Kamla Mishra, Ms. Geeta Yadav, Ms.Jainsy Jain, Ms.Mahima Singh, Ms.MahjabeenBano, Ms. Monika Devi, Ms.Neetu Rawat, Mr:Nikhil Maurya

^Guide : Ms. Anupriya V Mathew

Back ground: Eat healthy and live healthy is one of the essential requirements for long life. Unfortunately, today's world has been adapted to a system of consumption of foods which has several adverse effects on health. Lifestyle changes has compelled us so much that one has so little time to really think what we are eating is right! Globalization and urbanization have greatly affected ones eating habits.

Objectives: The aim of the study 1. To assess the pre-test and

post-test level of knowledge on impact of fast foods among adolescents. 2. To evaluate the effectiveness of IEC package regarding knowledge on impact of fast food.

Methodology: One group pre-test and post-test experimental design was adopted. Around 40 adolescents, age group of 16-19 years nursing students are selected and stratified by random selection method. Data were collected by using self-administered questionnaire. Data were analyzed by descriptive and inferential statistics.

Results: Revealed that there is a highly significant difference in the pre (10.75) and post- test (14.67) level of knowledge on health hazards of fast food. Statistical analysis depicts that t-test at $p > 0.05$ level of significance when compared to the other group.

Conclusion: This global problem of consuming junk food on a large scale and its impact on health, needs emphasis and health education which can greatly contribute to its limited consumption and switching over to healthy eating habits for the better living.



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NETIZENS REVIEWS & COMMENTS



Anish George

Local Guide 160 reviews 10 photos

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Teachers are trained.... Best results... Good choice for a budget medical studies.



Tilak Tripathi

Local Guide 8 reviews 50 photos

★★★★★ 2 months ago

Excellent



SM Shaun M

5 reviews

★★★★★ a year ago

Good



Reetesh Raghu

Local Guide 22 reviews 1 photo

★★★★★ 3 weeks ago-

Greatful to say..... Behavior & techtics of students was so good.... They gave their 100%..... I experienced it well.. Sply -- nephrology ward of RMLIMS...

Thanks to students & faculty also frm deep of my heart.....



Ajay Kumar Mishra

Local Guide 700 reviews 27,013 photos

★★★★★ a year ago

Budget hospital on kurshi road in Lucknow along with almost all kind of illness treatment. Visiting this hospital will not disappoint anyone. Parking canteen and connectivity of transport is very good. Generly famous for mother and child care.



Archana Mishra

1 review

★★★★★ 3 months ago

Best education by hard working faculties.



TUSHAR SAINI

Local Guide 9 reviews 49 photos

★★★★★ a year ago -

Best hospital in this locality..having every medical facility from ICU to NICU.. very experienced doctor and good staff...



Anju Kapkoti

1 review

★★★★★ a year ago

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