

SNA ACTIVITIES 2014

LAMP LIGHTING CEREMONY



Lamp lighting ceremony is an auspicious occasion in every Nurses life is held in reverence to Florence Nightingale (Lady with the lamp). The IVth Lamp lighting ceremony of Galaxies was conducted on 10.1.2014. The function began with the procession by the Chief Guest, dignitaries and the new angels to whom the function was meant to be. Our honorable Chairman Dr. Jacob Raja inaugurated the function and Dr.Revathy, Dean, Asaripallam Medical College was the chief guest. Followed by the lighting of Florence Nightingale lamp and delivering of Pledge. Mrs. Sophia Raja mam & Mrs. Sabina Jacob mam distributed lighted lamps to the new angels.

PONGAL CELEBRATION

Pongal is a popular harvest festival that signifies abundance and prosperity. Pongal is also celebrated as thanks giving festival by the farming community of Tamilnadu.

In order to bring out the good fortune and prosperity, Faculties and students gathered together in the college premises to celebrate Pongal festival on 10.1.2014. Our honorable chairman Dr. Jacob Raja inaugurated the function and Mrs. Sophia Raja mam & Mrs.Sabina Jacob mam were the special invitees. On the eve of Pongal celebration the college campus was decorated and all the arrangements were made as per the Hindu traditional norms.The students also sang songs related to Pongal. At the end sweet Pongal and sugarcane were distributed to all the staff and students. Pongal celebration of our college was a sweet fest to all of us.

WORLD CANCER DAY

World Cancer Day was celebrated on 04.02.2014 by conducting symposium. The students presented a well prepared speech on incidence and prevalence, etiological factors, clinical manifestations and management of cancer. It was a very effective presentation and gained knowledge out of it.

SPORTS DAY CELEBRATION



Annual sports day is an important event in the life of every student, yet bringing it to reality is a challenge. The annual sports day of our college was held on 26, 27 & 28th of March to provide a base to bring out the talents of our buddies.

On that special occasion Dr. Bright Selva Kumar, Principal of Christian College of Physical Education was the chief guest. The event was made colorful by hoisting of the national flag by the chief guest, Olympic flag by our esteemed Chairman, and college flag by Mrs. Sabina Jacob mam. This was followed by March Past by our students. After that the chief guest inaugurated 800 m running race to mark the

beginning of the sports day. Followed by various indoor and outdoor games were conducted for the students and staff.

COLLEGE DAY COMPETITIONS

On behalf of the College Day SMARYA-14 the Student Nurses Association of the college unit has arranged college day competitions as a base to bring out the concealed talents of the students. The competitions were conducted during the month of March. Judges from inside and outside the institution were arranged to judge the students performances. These competitions served as a foundation to bring out the potentialities of the students & it was a fest to all.

INTERNATIONAL NURSES DAY

The College has organized an International Nurses Day celebration on April 25th. On behalf of the celebration a competitive variety program was arranged bearing the theme "Nurses: A Force for Change, A Vital Resource for Health". All the students participated actively and displayed their potentialities on stage. Among that the Red Dragons of B.Sc (N) III year students were announced as the winners.

COLLEGE ANNUAL DAY

The first college day celebration of Sardar Rajas College of Nursing was held on July 4th 2014 in the college auditorium. The celebration spirits and display of talents proved us to be more esteemed. The vice Principal Mrs.Premila Stalin welcomed the gathering. This was followed by lighting of the Kuthuvilakku by the dignitaries on the Dias, presentation of the annual report for the academic year 2013-14 by the principal and presidential address by the chairman. The guest of honour for the day was Mrs.Sophia Raja mam. The chief guest of the day was Dr.Vairamuthu Raju. He was a distinguished medical officer. The chief guest address

was followed by special guest address, special invitee address and presentation of awards for the outstanding students in sports and cultural competitions.

The college day function was quite too special for us, as we had a few things to unveil. The few things without which a college life is never complete, i.e.) the release of college Magazine, "SMARYA 14". which brought wide cheer and appreciation, the award for Nurses day Theme Presentation & the overall shield for the winners of college day competitions where both awards were bagged by the B.Sc(N) third year students. Finally Mrs. Anisha Banu Asst. Prof expressed the vote of thanks. In the afternoon the stage was set ready for variety entertainments by the students

FAREWELL DAY CELEBRATION

Sardar Rajas College of Nursing organized farewell party "HYVESTY" on August, 27.8.2014 in the college auditorium where students of III Year B.Sc (N) bid farewell to the outgoing students of IV Year B.Sc (N) & II Year P.B. B.Sc (N) with great enthusiasm and of course nostalgia.

Function began with prayer song & a floral welcome of Chief Guest Dr. Jacob Raja (Chairman) and our guest of honour Sabina Jacob mam, This was followed by felicitation and good wishes by our chairman, guest of honour and our principal mam. They all wished good luck to the students of IV Year B.Sc (N) & II Year P.B. B.Sc (N) for their future. They also expressed their hope that students will continue holding top positions in the future. Mr Arun from the outgoing batch of Luminous shared their experiences in the college days. Students of I, II & III Year B.Sc (N) & I Year P.B. B.Sc (N) shared their experiences with their seniors during the college days. They also presented very entertaining programmes on the occasion.

FUND RAISING PROGRAMME

The SNA unit of our college has arranged a sales day on 12th September 2014, in order to raise the funds for SNA. The programme was inaugurated by our principal mam prof. Mrs.Lizy Merlin Lisha . All our staff and students participated actively in the programme . Our students have prepared various food items including briyani, parotta, fruit salads, fruit juices and varieties of sweet and spicy snacks, jewellery items and displayed it in the stalls provided to them. They also have conducted various funny games with ticket system priced Rs.10 .Prizes also were presented to the winners of the game. Dental staff and students were also invited for the programme. Fortunately the programme was a grand success and the SNA unit made some profit out of it. The total expense was Rs.17, 350 and the profit was Rs.7645. After that as a means of raising funds a film show was organized by the boy students of our college which helped us to raise huge amount of fund than expected. The programme was a grand success and brought with it a lot of fun and light moments.

WORLD ALZHEIMERS DAY

The III Year B.Sc Nursing & I year P.B.Bsc Nursing students together have conducted a symposium on 24.9.2014 to mark the global World Alzheimer's day in the college examination hall .The theme of the day was 'Dementia: Can we reduce the risk?', focusing on ways we may be able to help reduce our risk of developing dementia with brain healthy lifestyles.

The symposium was inaugurated by our principal mam prof. Mrs.Lizy Merlin Lisha. The director of our college Dr.Packiaraj was the chief guest. Mrs.Deepa of I year P.B.Bsc Nursing was the chairperson .She introduced the speakers and gave a brief introduction about the day. The speakers are Ms.Ajeena, Ms.Seethalakshmi, Ms.Sanjana,Ms.Prabha, Mr.Anburaj,& Mrs.Sherin. After the discussion Dr. Packiaraj

described about dementia and its impact on life style of the sufferers. It was really informative for the students and they gained knowledge out of it.

WORLD HEART DAY

A panel discussion was conducted in our college by the II year B.Sc Nursing students on 1.10.2014 based on the theme of World Heart Day- **Heart-Healthy Environment**. The chief guest was Dr. Packiaraj, the director of our college. The chairperson of the discussion was Ms.Jenitta Gil. She gave a detailed description about cardiac diseases, its prevalence and risks. Followed by this the team members Ms.Lincy, Mr.Ganesh, Ms.Monisha, Mr.manikantan, Mr.ponvigneshwaran and Mr.Savith Kumar discussed about the anatomy, definition incidence, clinical features, diagnosis, management and prevention of cardiovascular diseases. Finally the speakers addressed the audience and clarified their doubts. The discussion was winded up by 4 pm with the message that this World Heart Day 2014 encourages us all to reduce our cardiovascular risk, and promotes a heart-healthy planet for those around us and to make heart-healthy choices wherever we live, work and play.

WORLD DIABETIC DAY

As a part of World Diabetic Day celebration the II year B.sc Nursing &I year P.B.Bsc Nursing students have organized a Role play in consistent with the World Diabetic Day theme for this year ie) **healthy living and diabetes** on Nov.14 in the examination hall. This role play specifically focused on healthy eating, healthy lifestyles, healthy living environments and its importance both in the prevention of type 2 diabetes and the effective management of diabetes to avoid complications. The key messages depicted through the role play include:

- **Protect our future from Diabetes**
- **Make healthy food the easy & right choice**
- **Begin Healthy eating with breakfast**

At the end of the role play a slide show was displayed and was concluded .All the faculties and students attended the function.

WORLD AIDS DAY CELEBRATION

On 1.1.2014 the Sardar Rajas Group of institutions celebrated the World Aids Day by conducting a Rally focusing on the theme closing the gap in HIV prevention and treatment

The destination of the rally is from the College to Vallioor. The rally was inaugurated by our chairman Dr.Jacob Raja sir and led by the principals and vice principals of each institution, followed by the staff and students .To mark the day all the staff and students adorned themselves with red ribbon ,the symbol of World aids day and with white cap. At the end of the rally a speech on the theme was given by the students of our college Ms.Alagu Sakthi Parvathi and Ms.Vivola .This was followed by a medical camp conducted by the Doctors and students from the dental college.

SNA ELECTION

SNA Election was conducted on 1.1.2014 in the college multipurpose hall and elected new SNA office bearers for the academic year 2013-2014.The new office bearers are as follows:

SNA President : Prof.Mrs.J.Lizy Merlin Lisha

SNA Advisor : Mrs.A.Antony Jemila

SNA Joint-Advisor: Ms.Beula Sabeena

SNA Vice-President: Mr.Berlin

SNA Secretary : Mr.Balamurugan

SNA Joint-Secretary: Mr.Savith Kumar

SNA Treasurer : Ms.Jisha