



# PRS COLLEGE OF NURSING

## PALIYODE, TRIVANDRUM



### ALUMNI OFFICE BEARERS

Patron  
President  
Vice President

General Secretary

Joint secretary  
Treasurer  
Asst. Treasurer

Prof. (Dr) Bhasura Chandrachood  
Ms. Dhevu K  
Mrs. Neethu P Thomas  
Ms. Manju V N  
Mrs Lekshmi K S  
Ms. Asha Mohan  
Mr. Niyas J  
Prof. (Dr) Gitty George  
Mr. Kiran V Nair



Dear esteemed alumni,

On behalf of PRS college of nursing, I extend my sincere gratitude for your growing support and connection. Your time at this college has undoubtedly shaped the very individuals of whom you are today, and we are immensely proud of the remarkable achievements you've accomplished since graduation.

As a community, your contributions are incredibly valuable, and we are always seeking opportunities to highlight your successes and manage to stay in connection with you. We encourage you to share your experiences, expertise, and perspectives, as they are invaluable for the future development of our college. Your ongoing engagement and support are essential for the prolonged growth and success of our alma mater. Whether you are a recent graduate, a seasoned professional, or someone who has maintained a strong interest in our institution, your contributions are deeply valued, and we are honoured to have you as part of our institution.

We look forward to stay connected and hear about your extended journeys.

Sincerely  
Editor  
Blessy U

ALUMNI NEWS LETTER

## PATRONS MESSAGE



Dear Alumni,

An organization's alumni are the reflection of its past, representation of its present and link to its future.

Our alumni are the proud brand ambassadors of our College of Nursing. I am sure you will sparkle and radiate the professionalism and values you have imbibed from your college. It fills me with immense pride to see the continued success of our alumni in various fields. Your accomplishments are exemplification of the strong foundation you received in your college and a source of inspiration for our current course of students. We are incredibly proud of your contribution to the arena of health care.

As you continue in your paths, we want you to remain connected to your Alma mater, attend upcoming events and share your experience with the current group of students. Your knowledge and expertise are invaluable resources to the younger generation. We acknowledge and appreciate the contributions as financial assistance to the genuine needy student and awarding of prize to the best outgoing student.

We are looking forward to meet you all through an alumni meet. I take this opportunity to request the entire Alumni of PRSCON, to keep this valued association strong and steadfast, so as to help to elevate the quality of our academic endeavors. We are working towards the Quality Accreditation of our college. I believe that this will go a long way in ensuring constant improvements to the institution, your Alma Mater and culminate in exemplary standards of services to our present and past student community.

**Prof. Dr. Bhasura Chandrachood**  
Principal

## MESSAGE OF VICE PRINCIPAL



Dear Alumni,

From the day this college was founded, I have had the honour of walking alongside each new batch of students—watching you grow, face challenges, and find your path. Those moments are still fresh in my heart.

Even now, your laughter echoes in the corridors, and your achievements shine as a proud reminder of our journey together. You may be far, but you are never forgotten.

"What we once enjoyed and deeply loved we can never lose, for all that we love deeply becomes a part of us." – Helen Keller

We built memories together, and you will always be a part of this legacy. Stay connected and visit whenever you can—this will always be your second home.

Come back, share your stories, and inspire the next generation.

With love  
**Prof. Sindhu R.**  
Vice Principal

## MESSAGE BY STAFF REPRESENTATIVE



**Prof (Dr) Gitty George**  
Professor, PRS CON

"Dear Alumni,

As we celebrate another year of excellence in education, I would like to take a moment to express my heartfelt gratitude to each and every one of you for being an integral part of our institution's journey.

Your achievements, contributions, and dedication to your respective fields are a testament to the values and principles that our institution holds dear. We are proud to have played a role in shaping your minds and careers.

As you continue to soar to new heights, we hope that you will remain connected to your alma mater and continue to inspire and mentor our current students.

Once again, thank you for your loyalty, support, and commitment to excellence.

## MESSAGE BY ALUMNI REPRESENTATIVES

**Ms. Dhevu K**  
I Batch PRSCON



I am a proud alumna of PRS college of nursing and it is with great pride I am writing this message. My educational experience at PRS college has been unquestionably one of the best decision I have ever made, which gave me the best learning experience, admirable teachers and evergreen memories of life which I would like to cherish.

I wishing the institution, faculty and students continued success in their endeavours. May this newsletter serves as an inspiration to all.

**Mr. KIRAN**  
IV Batch PRSCON



"Warm greetings to the PRS College of Nursing family! As an alumna, I am filled with gratitude and pride for being part of this esteemed institution. The values and knowledge instilled in me during my time here continue to guide my professional journey. PRS College of Nursing has always been a beacon of excellence in nursing education, shaping compassionate and skilled professionals. Wishing the institution, faculty, and students continued success in their endeavors. May this newsletter serve as an inspiration to all, celebrating our shared legacy and future aspirations!"

7<sup>th</sup> BATCH



Mr. Albin Saji



Ms. Rohini I B



Mr. Pranay Pankaj



Ms. Akhila S R

8<sup>th</sup> BATCH



Ms. Annie B Saju

## ACADEMIC EXCELLENCE

9<sup>th</sup> BATCH



Ms. Gilba J N



Ms. Lakshmi Anil



Ms. Ruth Jibu Thomas



Ms. Meera Sankar U R

## ACHIEVEMENTS



Ms. Aswani S Sunil  
(4<sup>th</sup> Batch)

Nursing officer General Hospital  
Trivandrum



Ms. Amritha B  
(3<sup>rd</sup> batch)

Nursing officer  
AIIMS Mangalagiri



Mr. Adarsh S P  
(6<sup>th</sup> Batch)

Nursing officer  
Sreechithra Institute of  
Medical Science Trivandrum



Mr. Syam Krishnan  
(2<sup>nd</sup> Batch)

Central Government Nursing officer  
centre for addiction medicine at  
NIMHANS Bangalore

# POST GRADUATES OF ALUMNI



**Ms. Anie Gladstin G L**  
( 1<sup>st</sup> Batch)  
Lecturer Ananthapuri  
College of Nursing  
and Research Institute  
Chackai, TVM



**Ms. Bindhuja**  
(2<sup>nd</sup> batch)  
Assistant Professor  
Ananthapuri college of Nursing  
and research institute  
Chackai, TVM



**Ms. Krishnendu**  
( 3<sup>rd</sup> Batch)  
Lecturer  
SIMET college of Nursing  
Muttathara



**Ms. Jayasree Jayakumar**  
( 3<sup>rd</sup> Batch)  
Senior Lecturer  
SP Fort College of Nursing,  
TVM



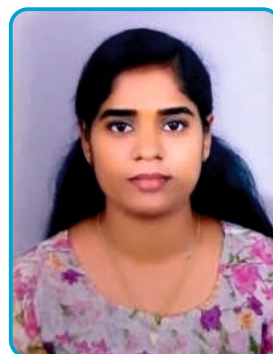
**Ms. Amritha B**  
( 3<sup>rd</sup> Batch)  
Nursing Officer  
AIIMS Mangalagiri



**Ms. Devu Krishna**  
(4<sup>th</sup> Batch)  
Lecturer, PRS College of Nursing  
Paliyode, TVM



**Ms. Sharanya V S**  
(4<sup>th</sup> Batch)  
Lecturer, PRS Colle of Nursing  
Paliyode, TVM



**Ms. Aswani S Sunil**  
(4<sup>th</sup> Batch)  
Nursing officer  
General Hospital, Trivandrum



**Ms. Karthika S**  
( 4<sup>th</sup> Batch)  
Lecturer  
Ananthapuri College of Nursing  
and Research Institute  
Chackai, TVM



**Ms. Sreerenjini**  
( 4<sup>th</sup> Batch)  
Lecturer, Ananthapuri  
College of Nursing  
and Research Institute  
Chackai, TVM



**Mr. Mithun Murali**  
(4<sup>th</sup> Batch)  
Senior Lecturer,  
NIMS College of nursing  
Neyyattinkara, TVM



**Mr. Kiran V Nair**  
(4<sup>th</sup> Batch)  
Senior Lecturer  
NIMS College of Nursing  
Kozhikode

# CONVOCATION

7<sup>th</sup> BATCH



8<sup>th</sup> BATCH



9<sup>th</sup> BATCH



## ALUMNI AWARD (BEST BED SIDE NURSE)



Ms. Rohini I B  
(7<sup>th</sup> Batch)




Ms. Prathibha M R  
(8<sup>th</sup> Batch)



Ms. Devika Gopinath  
(9<sup>th</sup> Batch)

# WEBINAR CONDUCTED BY ALUMNI



**ORGANIZING COMMITTEE**

**Organizing Chairperson:**  
Prof. (Dr) Bhavna Chandrachud  
Principal, PRS College of Nursing

**Organizing Secretary:**  
Prof. (Dr) Gity George  
Professor, PRS College of Nursing


**Convener of Organizing Team:**  
Mrs. Neeraja P Thomas  
Asst. Professor, PRS COE  
Mrs. Lakshmi S S  
Asst. Lecturer, PRS COE  
Mrs. Sharmya V S  
Instructor, PRS COE  
Mrs. Bhojy U  
Asst. Lecturer, PRS COE

**Faculty In-charge:**  
Mrs. Sharmya V S  
Mrs. Bhojy U

**JOIN ZOOM MEETING**  
[CLICK HERE](#)



**PRS COLLEGE OF NURSING**  
PALIYODE



**INTERNATIONAL WEBINAR ON  
GLOBAL NURSING PRACTICES PERSPECTIVES  
FROM INDIAN NURSES, ABOARD**

ON  
**8 JUNE 2024**  
9AM TO 1PM

ORGANIZED BY  
ALUMNI ASSOCIATION  
PRS COLLEGE OF NURSING, PALIYODE

**INTRODUCTION**


Dear delegates,

Global nursing perspectives and understanding the concept of globalization has implications for the health of individuals and nurses. Globalization and nurses work all over the world has necessitated change in traditional borders of profession. Nurses face newer challenges of embracing global perspectives in employment. Professional role and responsibility are being redefined. Knowledge transfers from a global nursing perspective may be in place to guide nurses to make relevant choices and to prevent inequalities in health care.

**OBJECTIVES**

**AT THE END OF THE WEBINAR THE PARTICIPANT'S**

- Attain the knowledge in adapting to diverse health care system.
- Familiarize with the challenges and navigating ethical dilemmas in international nursing practice.
- Develop the concept of building resilience and coping stress in international nursing role.
- Acquire the knowledge in innovative nursing technology.
- Understand the cross-cultural communication in nursing.
- Utilizes the support system for nurses working abroad



**INTERNATIONAL WEBINAR ON  
GLOBAL NURSING PRACTICES PERSPECTIVES  
FROM INDIAN NURSES, ABOARD**

**SESSION 1 ( 9:30 AM TO 10 AM )**  
**CHALLENGES AND NAVIGATING ETHICAL DILEMMAS  
IN INTERNATIONAL NURSING PRACTICE**  
Mrs. ANJANA SUDAN  
Project Lead at Sherbrooke Hospital, Canada  
Ottawa, Ontario in nursing

**SESSION 2 ( 10 TO 10:30 AM )**  
**ADAPTING TO DIVERSE HEALTH CARE SYSTEM**  
Mrs. PRIYA CA  
Registered Nurse  
St. Mary's general Hospital, Kitchener, Ontario, UK

**SESSION 3 ( 10:30 TO 11 AM )**  
**BUILDING RESILIENCE, COPING WITH STRESS AND BURN OUT  
IN INTERNATIONAL NURSING ROLES**  
Mrs. AJJ R  
Senior Lecturer, Project Nurse  
Leeds Teaching Hospital, UK

**SESSION 4 ( 11 TO 11:30 AM )**  
**INNOVATIVE NURSING TECHNOLOGY IN ENHANCING  
GLOBAL NURSING CARE PERSPECTIVE FROM INDIAN NURSES**  
Mrs. MARTHA M S  
Nurse at Sister ANU Department  
The Royal Devon Exeter Hospital, UK

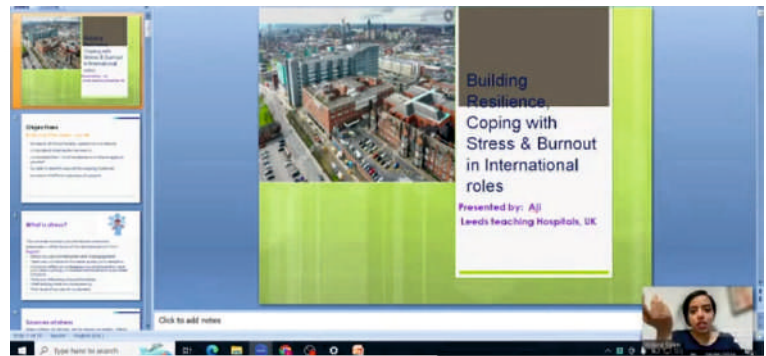
**BREAK**

**SESSION 5 ( 12 TO 12:30 PM )**  
**CROSS CULTURAL COMMUNICATION IN NURSING**  
Mrs. HAMEEDA KALLEL  
Instructor, Specialist, at Royal Hospital, USA

**SESSION 6 ( 12:30 TO 1 PM )**  
**SUPPORT SYSTEM FOR NURSES WORKING ABROAD**  
Ms. SOHINI L B  
Research Coordinator, Mother and Baby Unit  
Ardent Dental Hospital, UK

## 2. Knowledge and Understanding

- Transcultural competence begins with acquiring knowledge and understanding of different cultures, including their beliefs, values, healthcare practices, and social determinants of health.
- Nurses should strive to expand their cultural knowledge through continuous education, research, and engagement with diverse communities.
- This knowledge provides a foundation for understanding the cultural context of patients' healthcare experiences and informs appropriate care planning.



# EXPERIENCE BY ALUMNI

## THE POWER OF PATIENCE AND COMPASSION IN NURSING

**Ms. Rohini I B**  
VII batch, PRS CON

Hi I'm Rohini , a former nursing student from the 7th batch, and I am currently working as a Registered Nurse at Bethlem Royal Hospital in the UK. My journey from being a nursing student to a mental health nurse has been both challenging and rewarding, filled with invaluable experiences that have shaped my passion for patient care. Nursing is more than just a profession; it is a commitment to making a difference in people's lives, especially during their most vulnerable moments. Through my experiences, I have learned the true impact of compassion, patience, and dedication in fostering recovery.

Beyond medications and protocols, our presence, patience, and compassion can change lives. To all my juniors stepping into this profession—never underestimate the power of simply being there for your patients. Sometimes, that makes all the difference.



## NURSING IN A FOREIGN LAND

**Ms. Princy P Sunny**  
V Batch, PRS CON

Starting my new job in Saudi Arabia the hospital has been an incredibly fulfilling experience so far from the moment I stepped in, I was welcomed by a team of professional who made me feel supported and ready to take on the challenges that came with working in a health care environment.

The learning curve has been steep but each day brings new opportunities to grow and develop my skill. One of the most forwarding aspects of this job has been seeing firsthand the impact we have on peoples live. The moment when patients express their gratitude for the care they receive remind me whyl choose to health care.

I am excited about the future and chance to further my career here, constantly learning from those around me and continuing to enhance my ability to provide the best care possible.



## HEALING HANDS ACROSS THE GLOBE

**Ms. Geethu S**  
V Batch, PRS CON

"I've been working as a registered nurse in Germany for the past one years. Initially, I was hesitant to move abroad, but it's been a life-changing experience.

The first few months were challenging, as I had to adapt to a new culture, language, and healthcare system. But my colleagues were supportive, and I quickly settled into my new role.

Working in Germany has broadened my professional horizons. I've gained experience in new medical procedures, technologies, and patient care standards. The healthcare system

here is well-organized, and I've learned a lot from my colleagues.

Living abroad has helped me develop personally and professionally. I've become more independent, confident, and adaptable. I've also made friends from different cultures and backgrounds, which has enriched my life there have been challenges. Language barriers, homesickness, and adjusting to new customs and traditions. But overall, the benefits have far outweighed the challenges.

To anyone considering working abroad as a nurse, I'd say go for it! It's a fantastic opportunity to broaden your horizons, gain new experiences, and develop personally and professionally. Be prepared for challenges, but also be open to new experiences and cultures.



## NURSING HEARTS ACROSS BORDERS



**Ms. Manju V N**  
IV Batch, PRS CON

*As I stepped off the plane in London, I felt a mix of emotions - excitement, nervousness, and a hint of uncertainty. I had left behind my comfortable life in Kerala to pursue a nursing career in the UK. The initial few days were overwhelming, with a new language, culture, and healthcare system to navigate. But I was determined to adapt and make the most of this opportunity.*

*My first few weeks at the hospital were a whirlwind of orientation, OSCE training, and getting familiar with the NHS protocols. I was struck by the emphasis on patient-centered care, evidence-based practice, and the importance of multidisciplinary teamwork. It was a steep learning curve, but my colleagues were supportive, and I soon found my footing. I was impressed by the cutting-edge technology, state-of-the-art facilities, and the high standards of care.*

*One of the significant differences I noticed was the emphasis on patient-centered care. In the UK, patients are encouraged to take an active role in their treatment, and nurses play a vital role in empowering them. This approach was new to me,*

*but I soon realized its importance in delivering holistic care. I also appreciated the UK's focus on evidence-based practice, which ensured that our treatments were backed by the latest research.*

*Despite the many positives, I did encounter some challenges. The language barrier was a significant hurdle, especially when communicating with patients who had strong regional accents. However, I overcame this by watching English movies and practicing with my colleagues.*

*But it wasn't just the nursing aspect that required adaptation - everyday life in the UK was a new experience. I had to get used to the chilly weather, new food habits, and a completely different social culture. Simple tasks like grocery shopping, using public transport, and even ordering food became adventures. I joined a few social groups and clubs to meet new people, and soon, I had a lovely circle of friends who helped me navigate the ups and downs of expat life.*

*As I settled into my new routine, I began to appreciate the little things about life in the UK. The scenic walks along the Thames, the vibrant street food markets, and the world-class museums and galleries all became my favourite haunts. I also discovered the joy of exploring new cities and towns on my days off.*

*Overall, my experience as a Kerala nurse in the UK has been enriching and challenging.*

## CROSSING BORDERS, SHARING CARE



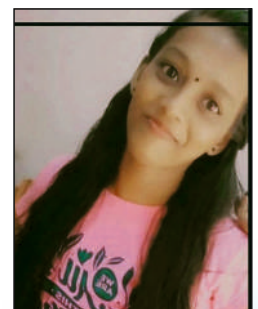
**Ms. Sreedevi S Nair**  
V Batch, PRS CON

*I'm in Qatar for the last 3 years. I'm working in OT department. In my experience Qatar have good rules and regulations. We get more respect and dignity. I have gained valuable work experience in Qatar, which has helped me enhance my clinical skills and adapt to the healthcare system here. I have been recognized for my ability to work efficiently under pressure while providing high-quality patient care. Working alongside multidisciplinary teams has further strengthened my expertise and commitment to excellence in nursing practice.*

## OBITUARY



**Mrs. Raichal Priya**  
Asst. lecturer, PRS CON



**Ms. Lekshmi Narayan**  
VIII Batch, PRS CON