



# Govt. College of Nursing, Kottayam

## *Messenger*

### Annual Alumni newsletter

August 2023

Govt: COLLEGE OF NURSING  
KOTTAYAM

#### OFFICE BEARERS

Patron	: Dr. Usha V K
President	: Dr. Philomina Jacob
Vice president	: Mrs. Shila B.
Secretary	: Dr. Mary Joseph
Joint secretary	: Ms. Rema T.U.
Treasurer	: Mrs. Lini P Luke
Editor	: Dr. Radhika C K

*Dear all CNK alums,*

*Welcome back....*

*Down to the memory lane of our alma-mater is always cherishing. It is again the time to have a homecoming. We are releasing our annual alumni newsletter Messenger 2023, at the event of alumni meet- **Smruthi** – 2023. Hope this issue engages you with the campus and brings you back to the melliferous old days.*

*We had to pause a bit in newsletter publishing due to the out-pouring challenges of Covid – 19 and many of our alumni could not reach out to us with their professional accolades due to various reasons. So I request the readers to kindly acknowledge the lacunae and look forward for more accomplished copies in the coming years. We are open to any comments and suggestions you may have and please reach us at: [alumninewslettercnk@gmail.com](mailto:alumninewslettercnk@gmail.com).*

*Have a great time ahead...*

*Radhika C K  
Editor*

## Patron's Message



Dear Alumni,



*I am very happy to reconnect all of you to your Alma matter through the Alumni Association. I can proudly say that though Govt. College of Nursing Kottayam was established in 1982 as the third among the nine Govt. Nursing Colleges in Kerala, we stand first in academic excellence as well as in extracurricular activities. With immense pleasure I announce that last year we received A<sup>+</sup> grade in Kerala University of Health Sciences accreditation and we are the first and the only Institution under Directorate of Medical Education, Govt. of Kerala securing this credential. This was possible with the untiring hard work of our faculty, office staff and students with the support of PTA and Alumni Association. I thank you all for your active participation and contribution in this venture.*

*Research is an unavoidable endeavor in this era. Our Institution is the recognized research Centre of KUHS and Mahatma Gandhi University and PhD scholars have enrolled for the research work. At present 11 faculties have PhD and the rest are pursuing PhD in various universities. I feel proud that our Institution has become the part of Young Innovators Programme (YIP). YIP is a specially designed programme under Kerala Development and Innovation Strategic Council (K-DISC) to foster young minds with scientific enthusiasm and a credo to solve the problems facing the globe. In YIP 5.0 institutional ranking, we have secured 2nd in District and 3rd in State with 331 student registration and 203 idea submissions.*

*As you all know last three years we didn't have Alumni get-together because of the Covid 19 pandemic. But you all were rendering selfless services to the humanity across the globe to safeguard their lives and I am happy to know that some of you received the awards as Covid warriors from in and out of the country. Unfortunately, we could not honor the Jubilarians of 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup> & 12<sup>th</sup> batches of B.Sc. Nursing and acknowledge your accomplishments during these years. Hence this year we are celebrating the annual get together SMRUTHI- 2023.*

*I wish all success and let SMRUTHI- 2023 is an unforgettable event to all of us.*

**Dr. Usha V K**  
Patron  
Alumni Association.





## President's message



Dear all,

*I hope this message finds you in good health and spirits. As we navigate the path forward, I wanted to take a moment to reflect on the incredible journey we have undertaken in the wake of the COVID-19 pandemic. Our alumni have always been support to our institution.*

*The challenges brought on by the pandemic were unprecedented, but we faced them head-on. The faculty, staff, students, and alumni alike demonstrated adaptability, compassion, and determination, proving that our community is much more than a physical campus; it is a network of individuals committed to making a positive impact on the world. During those difficult times, we saw how technology connected us like never before. We were able to organize online events, and remote interactions became the new norm. Despite the distance, we maintained a sense of togetherness and continued our mission of fostering relationships.*

*We have emerged from that chapter, and started doing things with a renewed sense of purpose. Our experiences have taught us the value of resilience, the importance of community, and the power of collective effort. We now look forward to the opportunities ahead, not just to rebuild, but to evolve and create a better future for everyone.*

*I am proud to share that our alma mater remained at the forefront professional excellence during these challenging times. The untiring efforts of the members of our college under the leadership of Dr Usha VK enabled her to achieve KUHS A+ accreditation in Quality Assurance. The commitment of our alumni throughout this period was equally remarkable by extending support to various initiatives.*

*As we gradually return to a sense of normalcy, let us not forget the lessons learned during this pandemic. Let us cherish the strength of our community and the bonds that unite us. The Alumni Association is committed to giving back to our alma mater. Education is the foundation upon which we have built our careers and lives, and it is our responsibility to ensure that future generations of students have access to the same exceptional educational opportunities we received. Through scholarships, mentoring programs, and support for academic initiatives, we can make a lasting impact on the lives of current and future students.*

*I extend my heartfelt gratitude to each one of you for your unyielding support. Together, we will face the future with optimism and continue building on the legacy of excellence that has defined our institution for generations.*

*Stay connected, stay inspired, and stay safe.*

**Dr Philomina Jacob**



## Smruthi 2019

Smruthi 2019 - The last annual alumni meeting of Govt. College of Nursing, Kottayam was held on 06/07/19. The meeting was inaugurated by Rev. Sr. M. Consolata, Former Principal, Govt. College of Nursing, Kottayam. The 8th batch B.Sc. Nursing students were honored in the eve. The program was a reunion of alumni, retired teachers, state level leaders and the team CNK. New office bearers were also elected.





## HONORING BATCHES - 2023

### 9<sup>th</sup> Batch



### 10<sup>th</sup> Batch



1. Sasikala K S, Vice Principal, Govt School of Nursing, Kottayam
2. Minimole K K, Lecturer, Prince Sultan Military College of Health Sciences, Dhahran, Saudi Arabia
3. Binu R, Vocational teacher in Domestic Nursing, GVHSS Kalamassery.
4. Dr. Sona P.S, Associate Professor, Government College of Nursing, Trivandrum
5. Ms. Sindhu Joseph, Education Resource Specialist, Memorial Hermann System, Houston, Texas.
6. Ms. Sinimol George, Chief Nursing Superintendent, South Western Railway, Hubli , Karnataka.
7. Ms. Minikumari Ramakrishnan, RN, Nevill Hall Hospital. Abergavenny UK
8. Ida John, Nurse Practitioner, Melanoma Medical Oncology, MDAnderson Cancer Center, Houston, Texas.
9. Reena John, Nurse Practitioner, Desert Primary Care, Las Vegas, Nevada, USA
10. Sharlet Geevarughese NP, Gastroenterology, Wayne Health, Detroit, Michigan
11. Sreela Anil, Senior Infection Prevention and Control Officer, Corniche Hospital, Abudhabi
12. Sincia Jose, Nurse Practitioner, Occupational health services, Jacobi medical center, Bronx, New York.

## 11<sup>th</sup> Batch



1. Ms. Sindumol N T, Assistant Professor, Govt. Nursing College, Kottayam
2. Ms. Sobha P.S, Assistant Professor, Govt. Nursing College, Thrissur
3. Ms. Preemy Mathew, Assistant Professor Govt. Nursing College, Alappuzha
4. Dr. Swapna K G, Associate Professor School of Public Health KUHS
5. Ms. Sini Sebastian, Registered Nurse, Veteran's Hospital, New Jersey
6. Ms. Ginu P, Clinical Nurse Manager, Infection Prevention and Control, Midland Regional Hospital, Ireland.
7. Ms. Manjula Das, Executive Track Leadership, St. Johns Hopkins School of Nursing, Baltimore, USA.
8. Ms. Mariet Mathew, Registered Nurse, Department of Veterans, USA
9. Ms. Deepa Jose, Advanced practice Nurse, Federal Hospital, Chicago.
10. Ms. Swapna Sreedharan, Chief Nursing Superintendent, Southern Railway, Palakkad
11. Ms. Bini Antony, Administrator in Dr. Anthony's Dental Clinic, Malawi.
12. Dr. Sripriya D, Principal, J.J College of Nursing, Trichy.
13. Ms. Evangeline J, Principal, Josco College of Nursing, Edappone, Pandalam.
14. Ms. Nisha Peter Thekkedam, RN, AGACNP - BC.
15. Mr. Bimal K B OSCE Trainer, MWT Global Academy, Kochi.
16. Ms. Mini Devarajan, RN, Medical ICU, VA Hospital, Miami.
17. Ms. Betsy Francis, RN, MBA, USA
18. Ms. Biji C G, RN, Monash Health, Melbourne, Australia
19. Dr. Sibil George, Director of Nursing Strategic Initiatives, Ben Taub Hospital, Texas



## 12<sup>th</sup> Batch



1. Ms. Jinusree Chellappan, Nurse Specialist, Pediatric Emergency Department, MOH, Kuwait.
2. Ms. Seena Manmadhan, Nursing officer, General Hospital, Kottayam.
3. Ms. Rhine George
4. Ms. Anitha Thomas
5. Ms. Sreeletha KN, Nursing Tutor, Government school of Nursing, Wayanad
6. Ms. Seeba A B, Clinical Documentation Integrity Specialist, Parkland Hospital, Dallas USA.
7. Ms. Sheeja Mathew, RN, Post Anesthesia Care Unit, MD Anderson Cancer center, Houston Texas, USA.
8. Ms. Sindhu P N, Emergency Department, Stoke Mandeville Hospital, Buckinghamshire, NHS Trust.
9. Ms. Reshma Daniel, Atlantic. Health System Lead Application analyst, New Jersey, United States.
10. Ms. Lekha Sankar MSN, RN. Emergency Department UT Southwestern Medical Center, Dallas USA.
11. Ms. Asha C Epic Clinical Systems Analyst, Harris Health System, Houston Texas, USA
12. Ms. Maya Balram, Psychiatry Nurse Practitioner, Metro care Services, Dallas USA.
13. Ms. Raji PR, Charge Nurse, UT Health, Houston, Texas
14. Ms. Bindhu M K, Associate Nurse Manager. Pediatric Unit, Australia
15. Ms. Rejula K H, Nurse Specialist, Kuwait Cancer Control Center, Kuwait.
16. Dr. Renjini Basil, DNP, RN, MSN, FNP-C APN-CGSC, Nurse Practitioner. United Healthcare, USA, Also Adjunct Professor, City University of New York.
17. Ms. Shimmy P John, School Health Nurse, Dubai Health Authority Dubai, UAE
18. Ms. Rosamma Joseph, Vice Principal, T. John College of Nursing Bangalore.
19. Ms. Sajani Hamza, Head of International Communication, UAE National Olympic Committee.
20. Mr. Anil George, MSN Edn, RN President Dicarmel International, New York
21. Ms. Jancy Joseph, Staff Nurse, Rasalkhaima UAE.
22. Laya Jose Attupuram, Managing Director, Premier International Inc Guam, USA
23. Bindhu S, Professor, Department of Community Health Nursing, College of Nursing, Baby Memorial Hospital, Kozhikode
24. Chithra M, Associate Professor, Max Baseliious College of Nursing Kothamangalam
25. Sasilekha Jyothik MSN RN OCN, Nursing Professional Development Specialist-Oncology Baylor University Medical Center, Dallas, USA
26. Prasanth KS Senior Consultant (Public Health Administration, NHSRC, MoHFW, New Delhi.
27. Jyothi K. Divakaran, Associate Professor (CAP), Government College of Nursing Alappuzha











**NURSES WEEK CELEBRATION KOTTAYAM**  
SPORTS

*Overall Championship*  
Govt. College Of Nursing, Kottayam




**Congratulation Winners** SNA - GCNK

**UNION INAUGURATION**

**REGALIA 2K23**

**12 JULY**

VENUE: College auditorium  
TIME: 08:30 AM

*Inauguration Address*  
Dr. S. Shankar  
Principal,  
Govt. Medical College

*President's Address*  
Dr. Laha VK  
Guest, College of Nursing

*Arts Club Inauguration*  
Mr. Jeeya Joseph  
Club Affair

*Sports Club Inauguration*  
Dr. Manoj Mathew  
Asst. Professor, Dept. of Physical Education,  
Govt. Medical College

**ADWIKI** College union  
Government College of Nursing, Kottayam

**GOVT. COLLEGE OF NURSING, KOTTAYAM.**

**SNA ARTS FEST**

**MERAKI 2K23**



Venue: College Auditorium  
6/07/2023 @ 9 am









## ALUMNI ACHIEVEMENTS

**Ms. Elizabeth Kurien** (1<sup>st</sup> Batch B.Sc. Nursing), Neonatal Nurse Practitioner at Shands Children's Hospital at University of Florida, Gainesville, has finished her MSN from University of South Alabama in 2021 and has acquired the APRN license in February, 2022.

**Mrs. Shyla B** (4<sup>th</sup> Batch B.Sc. Nursing) Principal Govt. School of Nursing, Kottayam was awarded with special recognition for the leadership during covid – 19 by Vanissery Foundation, Kottayam.



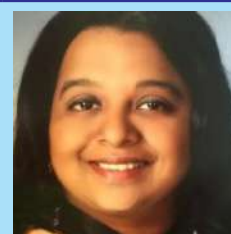
**Dr. Sona P.S** (10<sup>th</sup> Batch BSc Nursing), Associate Professor, Government College of Nursing, Trivandrum has been recognized by National Health Mission, Government of Kerala as a State Assessor for Mother and Baby Friendly Hospital Initiative (MBFHI) since Dec 2021.



**Dr. Swapna K G** (11<sup>th</sup> Batch B.Sc. Nursing), Associate Professor, School of Public health, KUHS, Thiruvananthapuram has been awarded with PhD from INC consortium in 2019 and has acquired MPhil in Clinical Epidemiology from KUHS in 2023.



**Dr. Renjini.M. Kurup**, (13<sup>th</sup> Batch B.Sc. Nursing), Nurse Anesthetist at Michael E DeBakey VA medical center, Houston has received Doctorate in Nurse Anesthesia Practice from University of Texas Houston, USA.



**Dr. Sindhu L** (13<sup>th</sup> Batch B.Sc. Nursing), Associate Professor, Govt. College of Nursing Thiruvananthapuram has acquired MPhil in Clinical Epidemiology from KUHS in 2023.



**Mr. Anoop Sebastian** (23<sup>rd</sup> Batch B.Sc. nursing) has been appointed as the Nursing officer to Hon'ble Vice- President of India on 2022.





- **Vijesh Velayudhen** Alumni of GCNK won Covid warrior award of Nursing Excellence, Kuwait edition, Asianet Nursing Excellence award in 2022.

- **Ms. Asha Mathew**, Advanced practitioner (1988-1992 batch GCNK) was recognized for her exceptional service awarded with silver badge from Chief Nurses Office by Regional Chief Nurse Acoasia, Nyanin Ruth May England in 2022.

- **Ms. Aleesha Chacko** of 35<sup>th</sup> Batch was selected for the Chief Ministers Students Excellence Award.



- **Dr. Sunil Moothedath** (5<sup>th</sup> Batch B.Sc. Nursing) Professor, CON, AIMS, Kochi, has received IHNA nursing leadership award, 2023. He has participated and exhibited in various state level and national art camps and workshops and his works have selected for the Govt. of Kerala Covid -19 awareness campaign.



- **Dr. Roy K George** (2<sup>nd</sup> Batch B.Sc. Nursing), Principal & Academic Coordinator, Baby Memorial College of Nursing, Kozhikode, National President, TNAI, and member - Indian Nursing Council has represented India in the ICN congress in 2022. He is an expert committee member of WHO study in staffing requirements and he is a member of the Kerala Einstein study on dementia in collaboration with Albert Einstein University.



- **Mr. Bejoy Sebastian** (23<sup>rd</sup> Batch B.Sc nursing), Deputy Matron, Critical Care, University College, London, has elected as the general secretary of Alliance of Kerala Nurses, UK. Acclaimed photojournalist Tom Pilston of The Guardian featured Mr. Bejoy Sebastian (23<sup>rd</sup> Batch B.Sc nursing) in his photo essay titled “We’ve shed many tears’: a day in the life of an NHS nurse” highlighting Bejoy as one of the most dedicated, enthusiastic and compassionate nurse in London. This photo story has received critical acclaim worldwide.





## ALUMNI SUPPORT



In 2023 alumni association has donated a consolidated amount to Mrs. Annie Babu, Director, Santhwanam, home for destitute women and children, Gandhinagar, Kottayam.

An amount of Rs 25000 was donated to Daya Vikalanga palliative care society, edamaruk for the covid relief activities

## FACULTY ACHIEVEMENTS

### Faculty awarded with PhD

- Dr. Mercy Jacob, Assistant Professor



- Dr. Mary Joseph, Assistant Professor



- Dr. Rakhi Manjooran, Assistant Professor



- Dr. Radhika. C.K, Assistant Professor



- Dr. Kavitha Chandran C, Assistant Professor



- Dr. Betty P Kunjumon, Assistant Professor won the Academic Excellence Award 2021-2022 by Novel Research Academy. She was also chosen as finalist in the Best Teacher category of Asianet Nursing Excellence awards 2021.





## RETIREMENT

### Alumni

- ◆ Ms. Rema T. U., Tutor, Govt. School of Nursing, Kottayam
- ◆ Ms. Shila B, Principal, Govt. School of Nursing, Kottayam

### Faculty

- ◆ Dr. Valsamma Joseph, Principal, Govt. College of Nursing, Kottayam
- ◆ Dr. Sreedevi T R, Professor, Govt. College of Nursing, Kottayam
- ◆ Dr. Sulochana kumar, Professor, Govt. College of Nursing, Kottayam
- ◆ Sr. Rose Abraham, Assistant Professor, Govt. College of Nursing, Kottayam
- ◆ Sr. Lucy Claire, Associate Professor, Govt. College of Nursing, Kottayam
- ◆ Prof. Mercy George, Professor, Govt. College of Nursing, Kottayam
- ◆ Mrs. Beena N, Assistant Professor, Govt. College of Nursing, Kottayam
- ◆ Dr. Ancy Mathew, Professor, Govt. College of Nursing, Kottayam

## STUDENT ACHIEVEMENTS

- ◆ Ms. Anjitha Muraleedharan, II MSc Nursing secured 2nd price in dance competition held in connection with International Youth day in Thiruvananthapuram.
- ◆ Ms. Veena J, 9th batch Post basic diploma student got 3rd rank in Nursing Council examination.
- ◆ Ms. AneenaYacob & Ms. Glerin of III BSc Nursing won 1st prize in the Inter Collegiate quiz competition held by Baby Memorial Hospital, Kozhikode as a part of Breastfeeding week celebration.
- ◆ Ms. Aneena Yacob & Ms. Anna T Babu have attended the Professional student summit, 2023.
- ◆ Ms. Riyamol Tomy was awarded with IHNA budding star award.
- ◆ Mr. Asrar & Ms. Sruthymol have bagged first for the state level research quiz.

## CNK NEWS

- ◆ Secured A+ Grade in QAS accreditation by KUHS on 17/1/2023.
- ◆ Basketball court under Gender Budget provision was inaugurated by Honorable Minister for Health and family Welfare, Smt. Shylaja Teacher on 06-01-2020.
- ◆ Examination hall cum Auditorium and Library complex (29000 sq. ft.) was inaugurated on 28/09/21 by Honorable Minister for Health and Women and Child development Smt.Veena George.

## PLACEMENT SUPPORT

- ◆ “A leap to success” a motivational class was arranged for the students. Mrs. ShermySaleem, MSW, Counselor Child protect team, Kollam took the session.
- ◆ Career opportunities and future perspectives in UK was dealt by Mr. Richard Waston & Dr. Joji Kuriakose.
- ◆ International seminar on “Career development was held in the GFATM hall. Dr. Manan Tharkar and Dr. Johan Philip took a session on” Mental health delivery system in India”.
- ◆ Gearing up for a successful career in Nursing,a motivation training programme was taken by Dr. T N Jagadeesh Kumar, former Director of Students Welfare, Kerala Agricultural University.



## CAMPUS NEWS

- ◆ Government Medical College, Kottayam won the award for the government hospital that provided the highest number of free treatments under the Ayushman Bharat Karunya Arogya Suraksha scheme (KASP).
- ◆ The Department of Cardiology has the distinction of performing the highest number of primary angioplasty in India in the year 2022.
- ◆ Government Medical College, Kottayam has conducted first liver transplant surgery in 2023, for the first time in the government sector of Kerala.
- ◆ The Obstetrics and Gynecology Department of Government Medical College, Kottayam has accredited with LaQshya - Labour Room Quality Improvement Initiative under National Health Mission (NHM), Govt. of India in 2022.
- ◆ Govt. Dental college, Kottayam has awarded with 'A' grade in KUHS QAS accreditation.

## OBITUARY



Robins David  
(22<sup>nd</sup> Batch, B.S.C Nursing)



Reshmi Raj  
15<sup>th</sup> GNM batch

