

Service With Love



JUBILEE MISSION COLLEGE OF NURSING

JUBILEE MISSION HOSPITAL TRUST - Archdiocese of Trichur
(KUHS - QAS 'A+' Grade- NAAC Accredited)



*Happy
Teacher's Day*



*Teachers are the backbone
of society.*



NEWSLETTER



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*Quality Nursing Education –
To Transform Lives
with Love.*



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Principal's Message

Dear Students, Faculty, Staff, and Well-Wishers,

I extend my heartfelt greetings to the entire Jubilee Mission family as we reflect upon a remarkably fruitful and fulfilling month. Guided by our institution's guiding ethos, "Quality Nursing Education – To Transform Lives with Love," September has been a vibrant period marked by academic growth, co-curricular triumphs, and impactful community outreach.

We commenced the month by celebrating Teachers' Day, paying tribute to our dedicated faculty whose guidance nurtures and inspires our future healthcare professionals. Our academic programs maintained momentum through immersive, hands-on activities, including the NUTRINOVA Nutrition Day practical sessions and an enriching institutional visit for our VI Semester B.Sc. Nursing students to Amala Nursing College. A major academic milestone was the two-day National Conference 2026 – Health Research Conclave on "Translating Nursing Science into Practice," which brought together educators, scholars, and clinicians to enhance research methodologies and evidence-based nursing care.

Our students continue to bring immense pride to our institution across multiple platforms:

- **Co-curricular Victories:** At the state-level SNAI DHANAK 2026 competitions, JMCON secured the 2nd Prize in the Green Mission Challenge, 3rd Prize in the Obstetric Nursing Poster Presentation (Devika & Sona Shibu), and 3rd Prize in the Health Play Competition (Gouri, Angela, & Mariya).
- **Athletic Champion:** At the SNA State Athletic Meet in Kochi, Ms. Dona Maria Kuruvila (6th Sem B.Sc.) was crowned Individual Champion after winning First Place in both the 100m and 200m track events.

Through impactful outreach—including our Nurse-Led Clinic, NSS anti-drug rallies, health awareness drives, and cleanliness campaigns—you have demonstrated true compassion and leadership. As we warmly welcome our incoming B.Sc. and M.Sc. students, let us continue to move forward with renewed energy, unity, and an unwavering commitment to excellence in healthcare education and services.

Warm regards,

Principal

Jubilee Mission College of Nursing, Thrissur

NUTRINOVA – Nutrition Day 2026

Jubilee Mission College of Nursing observed Nutrition Day 2026 through NUTRINOVA, held from 1 to 3 September 2026 at the Nutrition Lab. The programme centred on the theme "Nourish Today, Thrive Tomorrow" and highlighted the importance of healthy nutrition in promoting well-being and a healthier future.

As part of the observance, students participated in a Nutrition Practical Examination and Presentation, providing them with opportunities to learn, present and demonstrate their knowledge and practical skills in nutrition. The programme encouraged students to explore the significance of balanced nutrition and translate their theoretical knowledge into practical learning experiences



The three-day programme served as an engaging platform for enhancing students' knowledge, confidence and understanding of the role of nutrition in maintaining health and preventing disease.

Institutional Visit to Amala Nursing College

The VI Semester B.Sc. Nursing students of Jubilee Mission College of Nursing (JMCON), Thrissur, undertook an institutional visit to Amala Nursing College on 2 September 2026 as part of their academic learning experience.

The visit provided the students with an opportunity to gain practical exposure to the functioning and organization of a nursing educational institution. The students interacted



with faculty and observed various institutional facilities and academic practices, helping them relate their theoretical knowledge to the practical aspects of nursing education and administration.

The visit was an enriching learning experience for the students, broadening their understanding of institutional functioning and contributing to their professional development.

Nurse-Led Clinic and Onam Celebration

Jubilee Mission College of Nursing (JMCON), Thrissur, organized a Nurse-Led Clinic and Onam Celebration on 6 September 2026 at 8:00 AM at St. Mary's Church Auditorium, Madonna Nagar, Kachery.

The programme combined community health services with the festive spirit of Onam. As part of the nurse-led clinic, various health screening and awareness activities were conducted, including Blood Pressure (BP) Monitoring, BMI Checking, GRBS Monitoring, Health Education, and Referral Services. The programme also featured cultural programmes and Onam Kit Distribution, contributing to a meaningful community-oriented celebration.

The initiative highlighted the role of nurses in promoting health awareness, early screening, preventive care, and community well-being while celebrating the cultural significance of Onam.



Teachers' Day Celebration

Jubilee Mission College of Nursing (JMCON) and Jubilee Mission School of Nursing (JMSN) observed Teachers' Day on 5 September 2026, celebrating the dedicated teachers, mentors and educators who contribute to shaping the future of students. The occasion acknowledged the invaluable role of teachers as guiding lights who inspire, motivate and nurture students throughout their academic and professional journey. The celebration expressed heartfelt gratitude for their dedication, wisdom and continued support, recognizing the lasting difference they make in the lives of their students.

The observance served as a meaningful tribute to the teaching community and highlighted the importance of educators in fostering knowledge, values and professional excellence among future healthcare professionals.



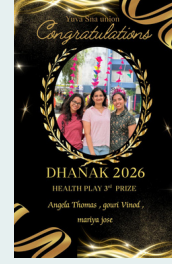
JMCON Students Shine at DHANAK 2026

Students of Jubilee Mission College of Nursing (JMCON), Thrissur brought laurels to the institution through their outstanding performances at the 61st Annual Conference and State Level Competitions – DHANAK 2026, organised by the SNAI Kerala State Branch. JMCON secured the Second Prize in the Green Mission Challenge, showcasing the students' commitment to environmental sustainability and innovative ideas.

The college also secured the Third Prize in the State-Level Obstetric Nursing Poster Presentation, with Devika and Sona Shibu representing the institution.

Adding another achievement to the list, the JMCON team won the Third Prize in the State-Level Health Play Competition. The winning team comprised Gouri, Angela, and Mariya, who demonstrated creativity, teamwork and effective communication of health-related messages.

These achievements reflect the dedication, talent and enthusiasm of the students and the continued support and guidance of the faculty. JMCON congratulates all the winners and participants for their commendable performance at DHANAK 2026.

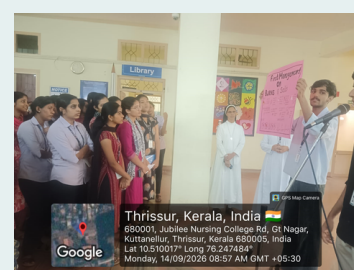
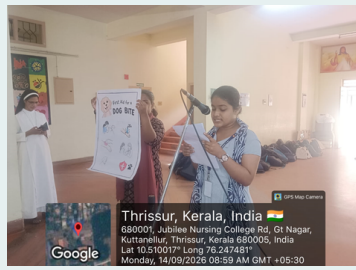


World First Aid Day Observed at JMCON

World First Aid Day was observed at Jubilee Mission College of Nursing (JMCON) on 14 September 2026, from 8:30 AM to 9:30 AM at the JMCON Foyer. The programme was organized by Xynovians with the aim of promoting awareness about the importance of first aid and timely response during emergencies.

The programme highlighted the significance of basic first-aid knowledge in preventing complications, responding effectively to emergencies, and saving lives. The initiative encouraged students to develop confidence and preparedness to act as first responders when needed.

With the message "Learn First Aid... Be the Hope in an Emergency," the observance emphasized that simple, timely actions can make a meaningful difference in saving lives.



JMCON Bids Farewell to Ms. Deepa M.S.

Jubilee Mission College of Nursing, Thrissur, organized a farewell programme to honour Ms. Deepa M.S., Associate Professor, Department of Mental Health Nursing, on 14 September 2026. The programme was held at the Conference Hall at 11:30 a.m. The gathering brought together faculty and staff members to express their gratitude and appreciation for Ms. Deepa's valuable contributions to the institution and the Department of Mental Health Nursing.



National Conference 2026 – Health Research Conclave Held at JMCON

Jubilee Mission College of Nursing (JMCON), Thrissur, organized National Conference 2026 – “Health Research Conclave” on 16 and 17 September 2026, with the theme “Translating Nursing Science into Practice.” The conference provided an academic platform for nursing educators, researchers, clinicians, Ph.D. scholars and students to explore contemporary research methodologies and their application in nursing and healthcare.

The two-day conference focused on strengthening research competencies and promoting evidence-based nursing practice. Sessions covered research grant writing, development of conceptual frameworks, qualitative research design and sampling, data collection and analysis, research-based reporting guidelines, mixed-methods research design, development of mixed-methods research proposals, data analysis tools and ethical considerations in research reporting.

The resource persons included Dr. Denis Xavier, Dr. Rohini T, Dr. Athar Javeth, Dr. Shalini G Nayak, Dr. Anil Raj, and Dr. Maria Jose, who shared their expertise through interactive and informative sessions.

The conference emphasized the integration of qualitative and quantitative approaches, interdisciplinary collaboration, research reporting standards and the translation of research evidence into clinical practice. The programme contributed to fostering scholarly exchange and enhancing the research capabilities of participants in addressing evolving healthcare needs.



Faculty Picnic to Thanima, Palakkad

A faculty picnic was organised by Jubilee Mission College of Nursing (JMCON), Thrissur, on 21 September 2026 to Thanima, Palakkad. The outing provided the faculty members with an opportunity to take a refreshing break from their routine academic responsibilities and spend quality time together in a relaxed and cheerful atmosphere. To unwind, reconnect, and return to their responsibilities with renewed energy and enthusiasm.

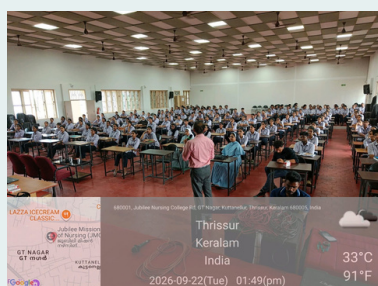
The picnic fostered camaraderie, team spirit, and stronger interpersonal relationships among the faculty members. The day was filled with moments of enjoyment, interaction, and togetherness, creating pleasant memories for all the participants. The outing served as a meaningful opportunity for the faculty to unwind, reconnect, and return to their responsibilities with renewed energy and enthusiasm.



World Alzheimer's Day 2026 Observed at JMCON

Jubilee Mission College of Nursing (JMCON), Thrissur, observed World Alzheimer's Day 2026 with an awareness programme on 22 September 2026 at the Bishop Alappatt Memorial Auditorium. The programme was organized by the Internal Quality Assurance Cell (IQAC) and the Department of Medical-Surgical Nursing.

The session was conducted with the aim of creating awareness about Alzheimer's disease, the importance of early recognition and diagnosis, and appropriate care and support for individuals affected by dementia. Dr. Fiju Chacko, Neurologist, JMMC & RI, served as the resource person and shared valuable insights on dementia diagnosis, prompt treatment and planning for care.



Health Check-up and Anti-Drug Awareness Programme Held at SN College, Nattika

Jubilee Mission College of Nursing (JMCON), Thrissur, organized a Health Check-up and Anti-Drug Awareness Programme at SN College, Nattika, in association with the Nasha Mukta Bharat Abhiyaan, on 25 September 2026.

The programme aimed to promote health awareness among students and create awareness about the harmful effects of drug and substance abuse. As part of the initiative, a health check-up was conducted to assess the health status of the participants, along with an anti-drug awareness session highlighting the physical, psychological and social consequences of substance abuse.



Suicide Prevention Awareness Programme Held at JMCON

Jubilee Mission College of Nursing (JMCON), Thrissur, organized a Suicide Prevention Awareness Programme titled “Safeguarding Life: Suicide Prevention Awareness” on 28 September 2026 from 2:00 PM to 3:00 PM at the II Semester Classroom. The programme was organized by SSGP, IQAC and the Department of Nursing Foundation. Dr. Neethi Valsan, MBBS, MD (Psychiatry), Professor and Head, Department of Psychiatry, JMMC & RI, served as the resource person. The session focused on creating awareness about suicide prevention, recognizing the importance of timely support, and encouraging individuals to seek help when facing emotional or psychological distress.

The programme reinforced the message that “You are not alone... Help is always within reach,” emphasizing the importance of compassion, awareness, early intervention and accessible support in safeguarding lives.



Snacks Vending Machine Inaugurated

A Snacks Vending Machine was inaugurated at Jubilee Mission College of Nursing, Thrissur, on 30 September 2026. The initiative was introduced to provide students and staff with convenient access to snacks and refreshments within the campus.

The vending facility is expected to offer a quick and convenient option for students and staff during breaks and between academic activities. The initiative reflects the institution's efforts to enhance campus facilities and provide greater convenience and comfort to the college community.





H1N1 influenza

Introduction

H1N1 influenza is a subtype of influenza A virus, is an infectious viral illness that causes both upper and lower respiratory tract infections in its host.

Swine flu is a commonly used term for influenza caused by influenza A viruses associated with pigs. In human health discussions, the term is most often associated with the A(H1N1) influenza virus, particularly the virus responsible for the 2009 pandemic. Importantly, the A(H1N1) virus that emerged in 2009 has subsequently become established as a seasonal human influenza virus; therefore, referring to all human A(H1N1) infection as “swine flu” can be misleading.

Influenza is an acute respiratory infection that can range from a mild, self-limiting illness to severe pneumonia, respiratory failure and death. Globally, seasonal influenza causes an estimated one billion cases annually, including millions of cases of severe illness.

What is Swine Flu

Swine influenza refers primarily to influenza A viruses that circulate in pigs. Important swine influenza subtypes include H1N1, H1N2 and H3N2. Influenza viruses undergo frequent genetic changes, and pigs can occasionally be infected by influenza viruses originating from humans or birds

Causes and Transmission of H1N1 influenza

Influenza is caused by influenza viruses, particularly influenza A and B viruses in seasonal human disease.

Major modes of transmission

The virus can spread through:

Respiratory droplets produced during coughing, sneezing or talking.

Respiratory aerosols, particularly in poorly ventilated or crowded environments.

Contaminated hands and surfaces, followed by touching the eyes, nose or mouth.

Close contact with infected individuals.

Animal exposure – variant influenza infections can occur following contact with infected pigs or contaminated environments such as swine barns

Symptoms generally develop approximately 1–4 days after infection.

Incubation Period: The infectious period begins a day before symptoms develop and lasts approximately 5 to 7 days after the person develops symptoms.

Common symptoms

- Sudden fever
- Chills
- Dry or productive cough
- Sore throat
- Runny or blocked nose

- Headache
- Myalgia and body aches
- Marked fatigue
- Loss of appetite

Warning signs of severe disease

Immediate medical assessment is warranted when there is:

- Difficulty in breathing or shortness of breath
- Chest pain or pressure
- Cyanosis
- Persistent or worsening fever
- Altered consciousness or confusion
- Severe weakness
- Dehydration
- Reduced oxygen saturation
- Worsening of an underlying chronic illness
- Diagnosis

Reverse-transcription polymerase chain reaction (RT-PCR) of Respiratory specimens Management

1.Supportive management

- Adequate rest
- Adequate oral fluids
- Appropriate management of fever and discomfort
- Nutritious, easily tolerated food
- Monitoring for deterioration
- Avoiding close contact with others while infectious

2.Antiviral therapy: Antivirals are most effective when initiated as early as possible, ideally within 48 hours of symptom onset, although treatment may still be beneficial later in patients with severe disease or high risk of complications.

Eg: Oseltamivir, zanamivir, peramivir and baloxavir

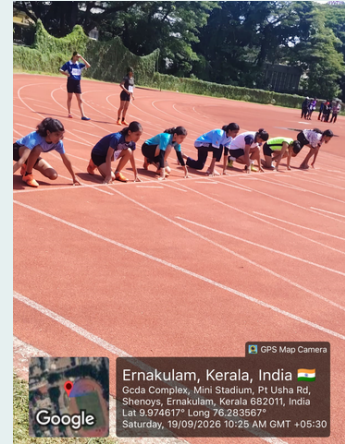
Prevention

- Prevention remains the cornerstone of influenza control.
- Influenza vaccination: Annual influenza vaccination is the most important preventive measure against seasonal influenza.
- Respiratory hygiene
- Hand hygiene
- Environmental and ventilation measures:Improving indoor ventilation and reducing exposure to crowded, poorly ventilated environments can help reduce transmission. Frequently touched surfaces should also be cleaned appropriately.

**Mrs. Sheeja Sebastian
Assoc. Professor
JMCON, Thrissur**

SNA State Athletic Meet: Dona Maria Crowned Individual Champion

Ms. Dona Maria Kuruvila, 6th Semester B.Sc. Nursing student of Jubilee Mission College of Nursing, Thrissur, brought laurels to the institution by securing First Place in both the 100 m and 200 m races at the SNA State Athletic Meet held on 19 September 2026 at Kochi. With her outstanding performance in both events, she was declared the Individual Champion of the meet. Her remarkable achievement reflects her dedication, athletic talent and commitment to excellence, bringing pride to Jubilee Mission College of Nursing.



National NSS Day Celebrated at Jubilee Mission College of Nursing

Jubilee Mission College of Nursing celebrated National NSS Day on 24 September 2026 with a series of activities centred on the theme “Service, Solidarity, Social Change” and the anti-drug campaign “No Drugs, Only Life.” The programme was organized by the NSS Unit, JMCON (NSS/FU/TSR/KUHS/8).

As part of the celebrations, NSS volunteers were declared “Toofan Commandos” as part of the Mission Against Drugs initiative. The declaration ceremony was held at 2:30 p.m. at Swaraj Round, Thrissur. An NSS Awareness Rally was subsequently conducted at 4:00 p.m. at Swaraj Round, highlighting the message of a drug-free society and encouraging young people to make healthy and responsible choices.

The celebrations also included a Swachh Bharat Drive aimed at promoting cleanliness and civic responsibility, along with a Palliative Care Visit emphasizing compassion and community service. The activities reflected the spirit of NSS through service, social responsibility and active community engagement.



Special Cleanliness Drive Conducted under Swachhata Hi Seva Campaign

The NSS Unit of Jubilee Mission College of Nursing (JMCON), Thrissur, organized a Special Cleanliness Drive under the Swachhata Hi Seva Campaign on 29 September 2026 at the NRC Bus Stop Premises, Kachery.

The cleanliness drive was conducted from 3:30 PM to 4:30 PM, with NSS volunteers actively participating in cleaning and maintaining the surroundings of the bus stop premises. The initiative aimed to promote cleanliness, environmental responsibility and civic awareness among students and the community.

Through their active participation, the NSS volunteers emphasized the importance of maintaining clean surroundings for a healthy tomorrow, while contributing to a cleaner and more hygienic public space.



Departmental Activities

- Anti - ragging Committee Meeting - 01/09/2026
- Internal Counsel Committee - 09/09/2026
- Administrative Committee Meeting - 15/09/2026
- Result & Award Committee Meeting - 16/09/2026
- Library and Purchase Committee Meeting - 25/09/2026
- Calender Committee Meeting - 28/09/2026
- Faculty Meeting & Staff Development Programme - 30/09/2026

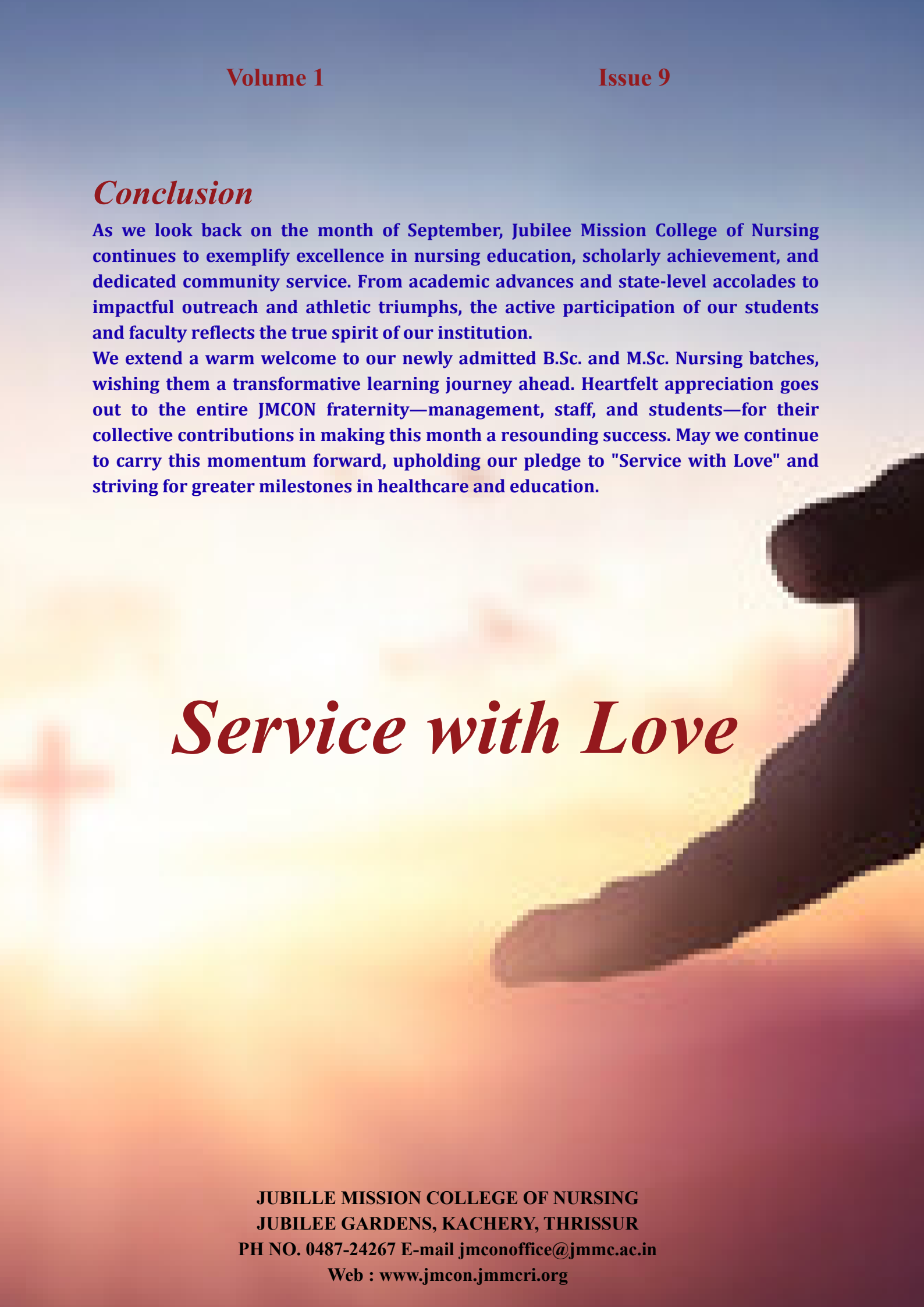
Major Highlights

- Admissions for I st Semester BSc. & I st MSc.students was held on 18/09/2026.
- 2 nd Day Admissions for Ist Sem BSc.Students through LBS on 22/09/2026

Conclusion

As we look back on the month of September, Jubilee Mission College of Nursing continues to exemplify excellence in nursing education, scholarly achievement, and dedicated community service. From academic advances and state-level accolades to impactful outreach and athletic triumphs, the active participation of our students and faculty reflects the true spirit of our institution.

We extend a warm welcome to our newly admitted B.Sc. and M.Sc. Nursing batches, wishing them a transformative learning journey ahead. Heartfelt appreciation goes out to the entire JMCON fraternity—management, staff, and students—for their collective contributions in making this month a resounding success. May we continue to carry this momentum forward, upholding our pledge to "Service with Love" and striving for greater milestones in healthcare and education.



Service with Love