Quality Nursing Education

To Transform Lives with Love.

NEWSLETTER

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Service With Love

JUBILEE MISSION COLLEGE OF NURSING

JUBILEE MISSION HOSPITAL TRUST - Archdiocese of Trichur

(KUHS -QAS A+' Grade- NAAC Accredited)

ACCREDITED WITH GRADE B++ NAAC



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PRINCIPAL'S MESSAGE

Dear Readers,

Greetings from Jubilee Mission College of Nursing!

It gives me immense pleasure to present the October 2026 edition of our college newsletter, which beautifully captures the enthusiasm, achievements and collective efforts of our institution.

The month has been marked by a series of meaningful academic, co-curricular, extracurricular and community-oriented activities. Our observances of World Heart Day and World Mental Health Day reaffirmed our commitment to promoting health awareness, emotional well-being and compassionate care. The Course Inauguration of the new batches marked the beginning of another promising academic journey, inspiring our young learners to embrace the noble profession of nursing with dedication, integrity and a spirit of service.

I am particularly delighted by the remarkable achievements of our students in the TOGS Can Walk Breast Cancer Awareness Walkathon, where our VII and VIII Semester students secured First Prize. This accomplishment reflects their creativity, teamwork and commitment to community health awareness. The achievements of our students in the indoor sports competitions are equally commendable, demonstrating that education extends beyond classrooms and clinical settings.

Our NSS initiatives, including the Haritha Anganwadi Project, further demonstrate our commitment to social responsibility, environmental sustainability and community well-being. Such initiatives provide valuable opportunities for students to translate their knowledge into meaningful service to society.

As we continue our journey, let us remember that nursing is not merely a profession but a calling that demands knowledge, compassion, humility and an unwavering commitment to humanity. I encourage every student to pursue excellence, nurture personal values, remain open to learning and make a positive difference wherever they serve.

I sincerely appreciate the dedicated efforts of our Vice Principal, faculty members, staff, students and all those who contributed to the successful conduct of the various activities featured in this edition. My special appreciation goes to the editorial team for their efforts in bringing these accomplishments together.

May we continue to grow together in knowledge, wisdom and compassion, upholding the values and vision of Jubilee Mission.

With best wishes and prayers,

Dr. Sr. Judy SIC
Principal
Jubilee Mission College of Nursing, Thrissur

JMCON Organizes World Heart Day School Health Programme

The Department of Medical-Surgical Nursing and the National Service Scheme (NSS) Unit of Jubilee Mission College of Nursing (JMCON), Thrissur, organized a World Heart Day 2026 School Health Programme on 6 October 2026 at 3:00 p.m. at St. Clare's Convent Girls Higher Secondary School, Thrissur. Based on the theme "Don't Miss a Beat: Recognise the Signs • Protect Your Heart," the programme aimed to create awareness about cardiovascular health and promote healthy lifestyle practices among teachers.

The session focused on recognizing the early warning signs of heart problems, understanding preventive measures to maintain cardiovascular health, and taking prompt action during cardiac emergencies. Mrs. Sheeja Sebastian and Sr. Sumi Paul served as the resource persons and shared valuable insights on heart health and emergency awareness. The programme empowered teachers with essential knowledge to identify potential cardiac problems and take proactive steps towards prevention and timely intervention. The initiative highlighted the importance of heart health awareness in building healthier generations.







World Mental Health Day 2026 Observed at JMCON

The Department of Mental Health Nursing, IQAC, and NSS Unit of Jubilee Mission College of Nursing (JMCON), Thrissur, observed World Mental Health Day on 10 October 2026 at Mariam Theresa Nilayam, Kuttanellur, under the theme "Lived Experiences Heard: Real Voice, Real Change."



The programme aimed to promote awareness of mental health and emotional well-being, foster empathy and compassionate care, and encourage open conversations to reduce the stigma associated with mental health issues. A motivational talk by Sr. Priya Mathew from the Department of Mental Health Nursing, JMCON, was one of the highlights. The programme also featured "Snehathinte Thalirukal" (Healing Touch for Little Hearts), along with various Mental Health Nursing activities,



including group discussions, storytelling, and mindfulness and relaxation sessions. The initiative emphasized the importance of mental well-being, compassion and care, and community support, reinforcing the need to listen to lived experiences and create a more understanding and supportive society.

Treasure Hunt Exhibition Organized at JMCON



Jubilee Mission College of Nursing organized a Treasure Hunt Exhibition on 12 October 2026 at 2:15 p.m. in the First Semester B.Sc. Nursing classroom. The event was organized by the Department of Fundamentals of Nursing (FON), the Internal Quality Assurance Cell (IQAC), and the Student Support and Guidance Programme (SSGP).

The exhibition aimed to encourage students to explore, discover, and uncover new knowledge through an engaging treasure hunt experience. The activity provided an opportunity for students to enhance their curiosity, observation, and problem-solving skills through interactive learning.

KUHS C Zone Chess Competition 2026



The KUHS C Zone Chess Competition 2026 was scheduled to be held on 14 October 2026 at 8:30 a.m. at Jubilee Hall, Jubilee Mission Medical College and Research Institute (JMMC & RI). The competition aimed to provide a platform for students to showcase their strategic thinking, concentration, and chess-playing skills.

Farewell Programme for Ms. Anusha Selvin Mary



Jubilee Mission College of Nursing organized a farewell programme for Ms. Anusha Selvin Mary (Assoc. Professor, JMCON, Thrissur) on October 15, 2026. The event took place at the Conference Hall starting at 3:30 P.M. Colleagues, students, and well-wishers gathered at the venue to join the farewell programme and extend their warm wishes

Farewell Programme to Sunitha Chechi



Jubilee Mission College of Nursing (JMCON), Thrissur, will organize a farewell programme to honour Sunitha Chechi on 31 October 2026 at 4:00 p.m. in the Conference Hall. The programme is organized to express gratitude and appreciation for her contributions and service to the institution. The gathering will provide an opportunity for the faculty and staff to extend their heartfelt wishes and convey their appreciation on this special occasion.

Course Inauguration 2026 Held at Jubilee Mission College of Nursing

Jubilee Mission College of Nursing (JMCON) and Jubilee Mission School of Nursing (JMSON), Thrissur, jointly organised the Course Inauguration 2026 for the 24th Batch of B.Sc. Nursing and the 62nd Batch of General Nursing and Midwifery (GNM) on 16 October 2026 at 2:45 p.m. at Bishop Alapatt Memorial Auditorium, Jubilee Mission College of Nursing, Thrissur.

The programme was inaugurated by Mr. Mohammad Nadeemuddin IPS, District Police Chief, Thrissur Rural. Msgr. Jose Konikkara, Vicar-General, Archdiocese of Thrissur, attended as the Chief Guest. The event marked the formal commencement of the academic journey of the newly admitted students, inspiring them to pursue nursing education with dedication, compassion and a commitment to serving humanity.





Feast Day Celebrations of the Principal and Vice Principal

Jubilee Mission College of Nursing, Thrissur, celebrated the feast day of its beloved Principal, Dr. Sr. Judy SIC, and Vice Principal, Dr. Sr. Treasa Anto CHF, on 28 October 2026. The occasion was marked by joy, gratitude, and heartfelt wishes from the faculty members and students, who expressed their love and appreciation for their dedicated leadership and valuable contributions to the institution.







International Girl Child Day Observed at JMCON

Jubilee Mission College of Nursing (JMCON), Thrissur, observed International Girl Child Day on 31 October 2026 at 8:30 a.m. in the college foyer, focusing on the theme “End Child Marriage and Invest in Girls’ Rights.”

The programme was organized by the Department of Child Health Nursing in association with the fifth-semester B.Sc. Nursing students, the Internal Quality Assurance Cell (IQAC), and Student Support, Guidance and Progression (SSGP).

The observance aimed to raise awareness about the importance of protecting girls’ rights, preventing child marriage, promoting education, and empowering girls to build a brighter future. The programme highlighted the significance of investing in girls’ education, safety, and overall well-being to create stronger families and healthier communities.

Through this initiative, JMCON reaffirmed its commitment to promoting girls’ rights, gender equality, and the empowerment of the girl child.





Spiritual Talk as Part of the Rosary Celebration

As part of the Rosary Celebration, Jubilee Mission College of Nursing (JMCON), Thrissur, organized a spiritual talk by Rev. Fr. Justin Thekkanath, Vicar of St. Antony’s Church, Poothole (St.). The session was scheduled for 2:45 p.m. at Bishop Alappat Auditorium. The programme aimed to foster spiritual reflection and deepen the participants’ faith and devotion through prayer and meaningful spiritual guidance. The gathering formed part of the Rosary Celebration, highlighting the importance of prayer and spiritual enrichment in everyday life.





FACULTY CORNER



"MINDSET OF POSSIBILITY: SEE BEYOND LIMITATIONS"

A possibility mindset is a way of thinking that focuses on opportunities and potential rather than limitations. It involves challenging existing assumptions, broadening one's perspective, expanding vision, and viewing challenges as opportunities for learning, growth, and development1.

BENEFITS OF POSSIBILITY MINDSET:

- To overcome mental barriers and restrictions we may have imposed on us.
- To discover new avenues for growth, learning and personal development
- To make us more flexible, resilient and creative
- To handle challenges and difficulty we encounter effectively.
- To feel empowered and seize opportunities that conditioned thinkers may overlook.

STRATEGIES TO DEVELOP A POSSIBLE MINDSET:

a. Question the beliefs and assumptions: Analyse the thoughts critically and consider whether the beliefs are accurate. Be open to different interpretations and identify aspects of a situation.

b. Explore Diverse Perspectives: Expand our understanding by listening to different opinions, wide reading, interacting with people with different viewpoints.

c. Adopt a solution-oriented approach: Instead of focussing on difficulties and obstacles, identify practical solutions to explore and create a positive change

d. Take deliberate action: "Possibility thinking is not just about thinking- it's about doing" turn our ideas into actions by exploring new opportunities and taking purposeful steps. Be willing to try something unfamiliar, take calculated risks & seeks guidance and support when needed.

A possibility mindset flourishes when you give yourself permission to imagine without limits. Creativity and possibility are born in those moments when your mind is free to wander. This is your space to explore what feels "impossible" and let those bold dreams take shape2.

References:

1. Magazine B. Brainz Magazine [Internet]. 2023 [cited 2026 Nov 3]. From Tunnel Vision To Open Horizons – The Power Of Possibility Mindset. Available from: https://www.brainzmagazine.com/post/from-tunnel-vision-to-open-horizons-the-power-of possibility-mindset

2. Pat. How to Cultivate a Possibility Mindset | Life's Many Lessons [Internet]. 2025 Sep 20 [cited 2026 Nov 3]. Available from: https://www.lifesmanylessons.com/how-to-cultivate-a possibility-mindset/

Mrs. Anusha Selvin Mary
Assoc.Professor
JMCON

Indoor Games ’26: Chess and Carroms Competition





Jubilee Mission College of Nursing (JMCON) will organize Indoor Games ’26, featuring chess and carroms competitions, on October 30 and 31, 2026. The events will be held from 3:30 p.m. to 5:30 p.m. at the Multipurpose Hall and Student Union Room of JMCON. Organized under the Yuva College Union 2025–26, the programme aims to encourage strategic thinking, skill development, sportsmanship, and team spirit among students.

Students Excel in Indoor Sports Competitions

Students of Jubilee Mission College of Nursing (JMCON), Thrissur, showcased their talent and competitive spirit in the Indoor Sports Competitions organized as part of the Yuva College Union activities for the academic year 2025–2026.

In the Carroms Competition, Mr. Anjith Suresh of V Semester B.Sc. Nursing secured first prize, followed by Mr. Sayooj E. of VII Semester B.Sc. Nursing in second place and Mr. Amith Antu of III Semester B.Sc. Nursing in third place. In the girls’ category, Ms. Diva of I Semester B.Sc. Nursing won first prize, Ms. Anjali A. of VII Semester B.Sc. Nursing secured second prize, and Ms. Alaika Anil of VII Semester B.Sc. Nursing achieved third place.

In the Chess Competition, Ms. Fathima Shahnas of VIII Semester B.Sc. Nursing secured first prize, Mr. Vishnudev K.S. of VI Semester B.Sc. Nursing won second prize, and Mr. Robin Raju of III Semester B.Sc. Nursing secured third prize.

The achievements reflect the students’ enthusiasm, strategic thinking, concentration, and sportsmanship. JMCON congratulates all the winners and appreciates their active participation in extracurricular activities that promote teamwork, recreation, and holistic development.



Winners of Chess Competition



Winners of Carroms Competition

VIII Semester Students' Picnic to Dandeli and Gokarna



The VIII Semester B.Sc. Nursing students of Jubilee Mission College of Nursing, Thrissur, went on a four-day picnic to Dandeli and Gokarna in Karnataka from 23rd to 26th October 2026. The trip provided an opportunity for students to relax, explore scenic destinations, and spend quality time together outside the academic environment. The memorable journey helped strengthen friendships, promote togetherness, and create cherished memories among the students.

NSS Launches 'Haritha Anganwadi' Project 2026–2027

The National Service Scheme (NSS) Unit of Jubilee Mission College of Nursing (JMCON), in collaboration with the Integrated Child Development Services (ICDS), is launching the 'Haritha Anganwadi' Project 2026–2027 on 30 October 2026 at 2:00 p.m. The project aims to promote healthy living and environmental sustainability through the establishment of a vegetable garden at Centre No. 35, MB Anganawady, Kacheri. The inauguration will be conducted by Ms. Soumya Pradheesh, Division Councillor, Ward No. 16. Dr. Sr. Judy SIC, Principal, JMCON, and Ms. Maheswari, Child Development Project Officer, will attend as special invitees. The initiative reflects the commitment of JMCON's NSS Unit to fostering environmental awareness and encouraging healthy food habits within the community







JMCON Students Secure First Prize in TOGS Can Walkathon





Students of Jubilee Mission College of Nursing (JMCON), Thrissur, participated in the “TOGS Can Walk” Breast Cancer Awareness Walkathon, organized by the Thrissur Obstetrics and Gynaecological Society (TOGS) on 29 October 2026. The walkathon commenced at Pallithamam Ground, near Elite Supermarket, with a flag-off by Dr. Niji Justin, Mayor of Thrissur, at 2:30 p.m., and proceeded to the Regional Theatre, Thrissur.

Adding to the pride of the institution, the VIIth and VIIIth Semester B.Sc. Nursing students of JMCON secured First Prize, receiving a certificate, trophy, and a cash prize of ₹20,000 for their outstanding performance. Their achievement reflected their creativity, teamwork, and commitment to promoting breast cancer awareness.

The event aimed to promote awareness about breast cancer and emphasize the importance of early detection. The programme featured various awareness activities, including team performances and dance dramas, highlighting the significance of cancer prevention and early diagnosis.

Through their active participation and remarkable achievement, JMCON students demonstrated their dedication to community health education and the promotion of women's health and well-being, bringing laurels to the institution.

Departmental Activities

- Menter - Mentee Meeting - 05/11/2026
- Departmental Meeting - 06/11/2026
- HOD & Class coordinator Meeting/ Internal Counsel Meeting - 07/11/2026
- Scholarship Committee Meeting - 12/11/2026
- Research Committee Meeting - 14/11/2026
- Faculty Meeting & Staff Development Programme - 28/11/2026

Conclusion

LOOKING AHEAD WITH HOPE AND PURPOSE

As October comes to a close, we look back with gratitude and pride on a month filled with meaningful experiences, achievements and opportunities for growth. From academic initiatives and health awareness programmes to student accomplishments, sports activities, spiritual enrichment and community outreach, each event has contributed to strengthening the spirit of togetherness and excellence at Jubilee Mission College of Nursing.

The remarkable achievements of our students remind us that dedication, teamwork and perseverance pave the way for success. Our community-oriented initiatives further reaffirm that nursing education extends beyond the classroom, inspiring students to become compassionate professionals and responsible citizens.

October, a month dedicated to the Holy Rosary, reminds us of the importance of faith, prayer and devotion in our daily lives. Through the recitation of the Rosary, we are invited to reflect on the life of Mother Mary, seeking her guidance, protection and intercession as we journey forward.

May the blessings of our Heavenly Mother inspire us to grow in compassion, kindness and selfless service, strengthening our commitment to caring for others with love and dedication. Let us continue to uphold the values of excellence, unity and humanity in every endeavour.

As we look forward to the coming months, may we carry these blessings and cherished memories in our hearts, trusting in God's grace to guide every step of our journey. Let us carry forward the enthusiasm, values and experiences gained, embracing every opportunity to learn, serve and grow. May our collective efforts continue to uphold the noble values of nursing and transform lives through knowledge, compassion and service.

Together, let us continue to learn, lead and serve with love!

Jubilee Mission College of Nursing, Thrissur

Service with Love

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