



# **INSeR NEWSLETTER**

**January - March 2026**

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**Institute of Nursing Sciences and Research  
Malabar Cancer Centre (Post Graduate  
Institute of Oncology Sciences & Research) (MCC [PGIOSR])  
Thalassery, Kannur**

# Message from the Principal



It is with immense pride and joy that I present the first issue of the second volume of our quarterly newsletter, reflecting the vibrant spirit and collective achievements of the Institute of Nursing Sciences and Research (INSeR) from January to March 2026. This quarter has been a remarkable journey of academic excellence, professional growth, and holistic development for our students and faculty alike.

The symbolic Lamp Lighting Ceremony for our 8th batch of nursing students stood as a solemn reminder of the noble calling we follow, as our new students pledged to uphold the highest ethics and values of our profession. This commitment to service was further echoed in our extensive community outreach, including health awareness campaigns on World Cancer Day, World TB Day, and World Anaemia Awareness Day. From school health programs to self-defence training for our female students, our activities have truly touched lives across the Thalassery region.

Our campus life has been equally dynamic. The Esperanza '26 College Day and the Jwala '26 Arts and Sports Meet showcased the extraordinary creativity, teamwork, and athletic prowess of our students. Simultaneously, we have remained steadfast in our pursuit of knowledge through faculty development workshops, ACLS training, and active participation in international conferences.

As we move forward, let us carry the enthusiasm of this quarter into all our future endeavors. I congratulate the editorial team, faculty, and students for their dedicated efforts in making INSeR a center of excellence. Let us continue to strive for high standards in nursing education and clinical quality as we mold the next generation of healthcare leaders.

With Regards,  
Prof. Dr. Rohini T  
Principal, INSeR, Malabar Cancer Centre (PGIOSR)

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## Lamp Lighting Ceremony of 8th Batch

The Lamp Lighting Ceremony for the eighth batch of nursing students was held on 8 January 2026 at 11:00 a.m. in the presence of faculty, parents, and well-wishers. The program began with a solemn procession by the 2025 batch students and a prayer song by the Batch of 2023.

Prof. Jose John (Vice Principal, INSeR) welcomed the gathering, followed by the inaugural address from Prof. Dr. Rohini T. (Principal, INSeR). Chief Guest Mrs. Mini Joseph (Nursing Superintendent, General Hospital, Thalassery) urged students to uphold nursing ethics and values.

The symbolic lamp passing was led by Prof. Dr. Rohini T. and Mrs. Sindhu Rajesh (Nursing Superintendent, MCC), after which the nurse's pledge was administered Prof. Dr. Rohini T. The ceremony concluded with a vote of thanks by Dr. Simi Mohan (Associate Professor, INSeR).



## REPUBLIC DAY CELEBRATION

Republic Day was celebrated with patriotism and enthusiasm at the INSeR campus on 26 January 2026. The program began at 8:30 a.m. with a prayer by the college choir, followed by a welcome speech by Ms. Nandana (7th Semester).

The National Flag was hoisted by Dr. Rohini T., Principal, INSeR, in the presence of Dr. Satheesan B., Director, MCC (PGIOSR). A thoughtful Republic Day message was delivered by Ms. Rifa (7th Semester).

The celebration concluded with the National Anthem.



## Esperanza '26 College Day

Esperanza '26 College Day was celebrated on 17 January 2026 at the INSeR campus, jointly organized by B.Sc Nursing and B.Sc MRT students. The program was inaugurated by Principals Dr. Rohini T. (INSeR) and Dr. Sangeetha (MRT), with Vice Principals Dr. Parthiban and Mr. Jose John, alongside student representatives.

Starting at 9:00 a.m., the day featured lively cultural performances in dance, music, and stage events, highlighting student creativity. Faculty and students ensured smooth coordination, fostering unity, teamwork, and cultural harmony, leaving lasting memories for all.



## BIOMEDICAL WASTE MANAGEMENT MOCK DRILL

As part of the Infection Control Committee's initiatives, a Biomedical Waste Management Mock Drill was conducted for 1st semester students on 30 January 2026 at 4:00 p.m. Ms. Anju P. P. (Assistant Professor) led an awareness session on proper biomedical waste management and disposal, followed by a hands-on mock drill where students practiced waste segregation and disposal techniques.

## MENSTRUAL CUP AWARENESS PROGRAMME

A Menstrual Cup Awareness Programme, along with free distribution of menstrual cups, was held at the INSeR campus on 27 February 2026 under the Haritha Keralam Mission. The session began at 3:00 p.m. with an introduction, followed by an awareness class led by Ms Latha Kani, Block Coordinator, and Ms Mini V of the Mission. They explained the importance, usage, benefits, and safety of menstrual cups. The distribution programme was formally inaugurated by Prof Dr Rohini T, Principal INSeR.



## SCHOOL HEALTH PROGRAMME

The fifth-semester students organised a School Health Programme at Junior Basic and Pre Basic School, Kodianeri, on 20 January 2016 at 2:00 PM. The event featured a role play addressing mobile phone addiction, raising awareness of its adverse effects. Health education sessions on personal hygiene and nutrition were delivered to encourage healthy practices among pupils. Additionally, anthropometric assessments were conducted to evaluate the children's growth and nutritional status



## World TB Day Celebration March 2026

World Tuberculosis Day was observed at the Family Health Centre, Panniyannur, on 26 March 2026. The programme centred on the global theme "Yes! We Can End TB: Led by countries, powered by people." Seventh-semester BSc Nursing students delivered an impactful skit followed by a chart exhibition and an awareness session. The event was led by Dr Dhanya (Medical Officer), Mr Suresh (Health Inspector), and Prof. Naveesh P. K. (INSeR).



## WORLD ANEMIA AWARENESS DAY CELEBRATION FEBRUARY 2026

The department and fifth-semester BSc Nursing students organised World Anaemia Awareness Day at the Family Health Centre, Kodianeri on 18 February 2026. Guided by the theme "Anaemia: A Silent Public Health Challenge", the programme underscored the importance of blood health across all ages. Activities included role play, health exhibition, and sessions on screening, nutrition, and treatment. The event was led by Dr Athira J. C. (Medical Officer), Mr Biju A. P. (Health Inspector), Dr Binuja P. (Associate Professor, INSeR), and Mrs Sruthi P. (Assistant Professor, INSeR).



## OBSERVATION VISIT

5th semester students visited :

District Vector control unit (Entomology), Thalipramba on 16.01.2026.

Milk processing unit - Milma Dairy, Sreekandapuram on 22.01.2026.

Water purification unit and Sewage treatment plant at Malabar Cancer Centre on 29.01.2026.

Subcentre, punnol, kodianeri.

Anganwadi, kodianeri.

TB centre on 02/03/26.

7th semester students visited :

RUBCO Factory on 30/3/26



## HEALTH EXHIBITION ON "WORLD ANAEMIA AWARENESS DAY"

The Department together with 6th semester BSc Nursing students (Group II), organised a Health Exhibition to mark World Anaemia Day Awareness on 20 February 2026 at Ashoka Hospital, Kannur. Commencing at noon the programme aimed to raise public awareness on anaemia and its management. Using charts and models as visual aids, the students explained anaemia in children, its causes, types, clinical features, diagnostic methods, and treatment



# Offshoots

# Adult Health Nursing

## Healthy Lifestyle

The Department conducted a health education program in association with the Community Oncology Department on the theme Healthy Lifestyle on 1 January 2026. Third semester students prepared Charts and conducted awareness sessions to guide the general public.

## WORLD CANCER DAY 2026

The Adult Health Nursing Department, in collaboration with the Community Oncology Department of MCC, observed World Cancer Day 2026 on 4 February. As part of the Care Connect '26 Conference, third semester students organized a Chart-cum-Model Exhibition and presented two puppets shows. One focused on myths and facts about cancer, while the other highlighted that cancer patients need support, not sympathy. Both initiatives were well received, effectively spreading awareness among participants and NGO volunteers.

## World Hearing Day

3rd semester students participated in the awareness class conducted on World Hearing Day at Government Hospital Thalassery



# Offshoots

## Obstetrics and Gynaecological Nursing

### CERVICAL CANCER AWARENESS WEEK 2026

The Department observed Cervical Cancer Awareness Month with two programmes in Thalassery, led by 7th semester BSc Nursing students. On 23 January 2026, they staged a skit, organised a chart exhibition, and conducted a health education session for district court staff. A second programme followed on 27 January at Tagore Vidyapeetam School, where the students presented a skit, charts, and an interactive game for teachers and Class 7 students



# OffShoots

## Mental Health Nursing

### INTERNATIONAL SELF-ESTEEM BOOSTING MONTH & CANCER AWARENESS SESSION FOR ELDERLY

The Department observed International Self-Esteem Boosting Month alongside a Cancer Awareness Session for the elderly on 27 February 2026 at Sayamprabha Home, Kolassery. Fifth semester BSc Nursing students led interactive activities and discussions to foster positive self-esteem and raise awareness on cancer prevention, early detection, and healthy living. A health education session highlighted common cancers affecting the elderly, warning signs, the importance of regular check-ups, and preventive measures such as balanced diet, physical activity, and avoiding harmful habits.

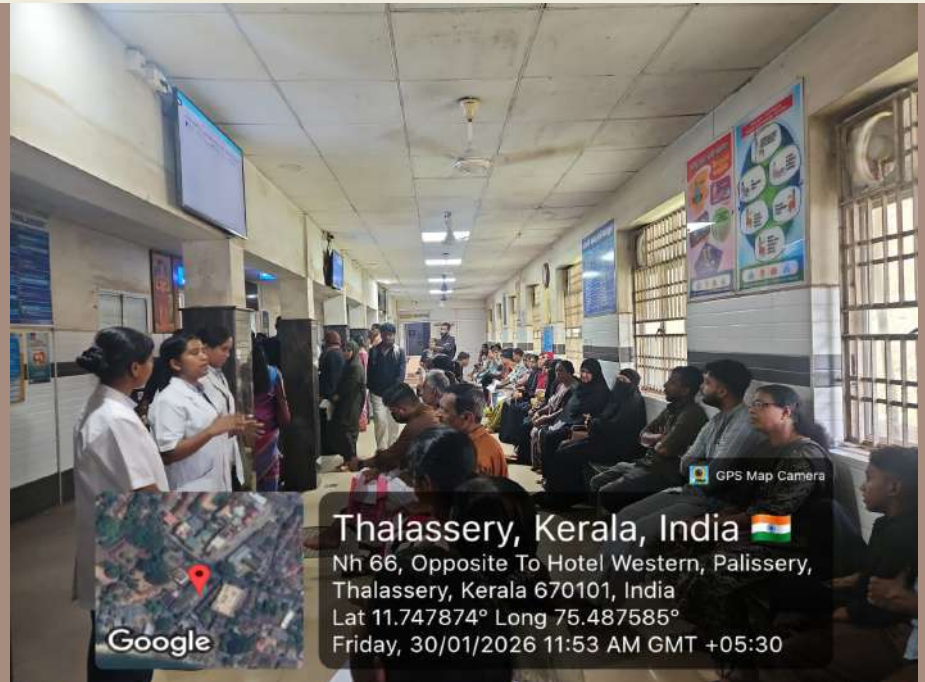
### Visit

5th semester B.Sc Nursing students visited Hope early intervention clinic Chirakara on 03 March, 2026.



## WORLD LEPROSY DAY PROGRAMME

On 30 January 2026, the NSS Unit of INSeR observed World Leprosy Day at the Government Hospital, Thalassery. As part of the programme, a chart exhibition and an awareness class were organised for the general public. The exhibition sought to inform people about leprosy – its causes, symptoms, methods of prevention, and the vital importance of early diagnosis and treatment. Complementing this, the awareness class aimed to dispel misconceptions and reduce the stigma surrounding the disease. In recognition of the dedicated efforts of the NSS volunteers, the Nursing Superintendent of the Government Hospital, Thalassery, presented an appreciation trophy to the students.



## WORLD CANCER DAY CELEBRATION

The NSS Unit of INSeR, in association with the Indian Medical Association (IMA), Thalassery, marked World Cancer Day with a chart exhibition and puppet show at GH Hospital, Thalassery on 5 February. The programme, inaugurated by the Medical Superintendent, featured informative charts on cancer causes, warning signs, prevention, and screening. Third-semester nursing students presented a lively puppet show that clarified myths and facts about cancer.



## WOMEN'S DAY- SELF DEFENCE TRAINING PROGRAMME

The NSS Unit and SSGP of INSeR marked Women's Day with a Self-Defence Training Programme on 24 March 2026. The event, inaugurated by Principal Prof. Dr Rohini T., featured expert trainers from City Police, Kannur. Students and faculty participated enthusiastically, gaining confidence and practical skills for personal safety. The programme concluded with a vote of thanks by Ms Rinjuna K. P., NSS Coordinator.



## ESPOIR – 2026 & Snehapoorvam: A Day of Leadership and Farewell

The INSER Campus, MCC, came alive on 26 February 2026 with two memorable events – the Investiture Ceremony ESPOIR – 2026 and the farewell programme Snehapoorvam.

The morning began at 9:00 am with a prayer song, followed by a warm welcome from SNA Chairperson Mr Samuel K Peter (7th Semester). Ms Rifa P (7th Semester) introduced the theme of ESPOIR – 2026. Principal Prof Dr Rohini T inaugurated the ceremony and delivered the keynote address. The newly elected SNA and College Union executives received the ceremonial lamp and solemnly took their oath of leadership. Felicitations were offered by Vice Principal Prof Jose John, SNA Advisor Dr Simi Mohan, and College Union Chairperson Ms Nihara Manoj. The ceremony concluded with a vote of thanks and the National Anthem.

At 10:30 am, the farewell programme Snehapoorvam honoured the outgoing 2021 batch. Inaugurated by Principal Prof Dr Rohini T, the event was filled with heartfelt tributes from juniors, cultural performances, and fun activities. A representative of the seniors shared cherished memories of college life, adding an emotional touch to the occasion. The celebration ended at 1:00 pm with gratitude expressed to all contributors, followed by a farewell lunch.



## JWALA '26 Sports Meet

The Annual Sports Meet was held on 7 March 2026 at the Thalassery Stadium. Principal Prof Dr Rohini T declared the event open, while Vice Principal Prof Jose John lit the Olympic torch. It was passed through past individual champions and captains before reaching SNA Chairperson Mr Samuel K Peter and finally Principal Prof Dr Rohini.

Students assembled in their house colour codes, and the aerobics display by first-semester students captivated the audience. Indoor competitions had been conducted earlier in the week. The Boys' individual championship was shared by Mr Aswin T (V Semester) and Mr Devanand (III Semester), while Ms Akhila (VII Semester) won the Girls' title. Alpha House emerged overall champions.



## Jwala '26 Arts Fest

The SNA unit-level Arts Fest, Jwala '26, lit up the INSeR campus from 9–13 March 2026 with vibrant performances and spirited participation across 34 stage and off-stage events.

The festival was formally inaugurated on 12 March at 11 a.m., setting the tone for a lively showcase of artistry and imagination.

11 March: The Quiz final tested wit and knowledge.

12 March: The campus came alive with English and Malayalam Elocution, Recitation, Extempore Speech, Mappilapattu, Group Song, Mime Show, Nadanpattu, and Floor Decoration.

13 March: The concluding day featured Dance, Skit, Mono-act, Mimicry, Fancy Dress, Health Play, Face Painting, and the Personality Contest, bringing the festival to a colourful close.



## Iftar gift distribution

On 16 March 2026, the SNA organised an Iftar gift distribution at the INSeR campus. The event was inaugurated by Principal Prof. Dr Rohini, who presented Iftar snack packs to students and faculty. SNA representatives continued the distribution, ensuring that both students and staff received the festive snack packs.

## SNA Zonal Sports Meet

Forty-one students represented our college at SNA Zonal Sports Meet held at Govt. Medical college, Pariyaram on 24 March 2026.



## Community Survey on Drug Abuse

Seventh-semester students conducted a community survey on drug abuse at Panniyannur on 11 March 2026, using a self-reported questionnaire. The study captured public perceptions, awareness, social impact, causes, and preventive measures. Based on these findings, an action plan is needed, emphasising awareness programmes, stronger reporting systems, expanded de-addiction services, and the formation of community-based anti-drug committees to ensure effective prevention.



## Anti-Drug Abuse Campaign for school Students

On 17 March 2026, 7th Semester students led an Anti-Drug Abuse Campaign at Panniyannur Arayakkool U.P. School, combining creative and educational activities to raise awareness among children. The programme featured a flash mob, musical show, chart exhibition, and a structured health education session, all highlighting the dangers of substance abuse and the importance of healthy choices. It concluded with a pledge ceremony where students committed to a drug-free lifestyle. The initiative proved highly effective in deepening students' understanding and inspiring collective responsibility for a healthier future.



## Anti-Drug Abuse Awareness and Self-Defence Training Programme

On 24 March 2026, the Kerala Police, Kannur City conducted an Anti-Drug Abuse Awareness and Self-Defence Training Programme for INSer students. The session highlighted the serious impact of drug abuse on youth, covering its physical, psychological, and social consequences, as well as preventive strategies and the importance of early intervention. Resource persons also addressed issues like ragging and cybercrime, sensitizing students to legal risks and encouraging responsible behaviour both on campus and online. The programme concluded with practical self-defence training, equipping students with basic techniques to protect themselves in difficult situations.





### Journal Presentation and CNE

DATE	TYPE	TOPIC	PRESENTER
02.01.2026	CNE	OSCE: Demonstration on SC Injection	AHN Department
03.02.2026	CNE	Demonstration On PPE	Dr. Binuja P
14.02.2026	CNE	A Demonstration on Blood Sample Collection	Mrs. Theertha
21.02.2026	JOURNAL PRESENTATION	Implementation of Innovation Buzzy on The Level of Pain During Infusion in Children With Leukaemia at Rspad Gatot Soebroto	Mrs. Maneeja.S.S

### International Conference

Prof. Dr Rohini T., Principal of INSeR, presented a scholarly session at the International Conference hosted by Holy Cross College of Nursing, Kottiyam on 9 January 2026.



### Leadership Development Program

Dr. Rohini T, Prof. Naveesh, Dr. Binuja, and Dr. Simi attended the Leadership Development Program, a faculty development initiative organized by MCC in collaboration with the Tata Institute of Social Sciences on January 24–25. The program aimed to strengthen leadership skills and foster academic excellence through collaborative learning.



### Workshop - AI in Health care

Dr. Rohini T attended the AI in Healthcare Workshop on 11-02-2026 at MCC (PGIOSR).

### ACLS Training

Dr Sreenath, Critical Care Specialist at MCC, conducted an ACLS training session on 25 February for a group of INSeR faculty members.



### State Level Workshop

Ms. Shincy Vinod M had attended a State Level Workshop on 'Thrive Under Pressure: Art of EQ - Mastering Stress work balance and emotional intelligence: achieving wellness in scrubs.' at Kannur medical college on 14 th February.

# Bouquet



Dr. Simi Mohan, Associate Professor INSeR, completed and received the Chief Minister's Nava Kerala Post Doctoral Fellowship certificate on 12th February 2026.



Mr. SNA 2026 Samuel K Peter  
(7th Sem.)




Ann Treasa Thomas of the 8th semester received first prize in the extempore conducted by the Internal Complaints Committee on January 30, 2026



Miss SNA 2026 Nandana Rajeev  
(3rd Sem)



Team Alpha secured first place in the Jwala '26 football match



**Chief Editor: Dr. Rohini T,  
Principal, Institute of Nursing Sciences and Research  
Editorial Board : Prof. Jose John (Vice Principal, INSeR),  
Dr. Harish Babu (Librarian, INSeR),  
Mrs. Shincy Vinod (Asst. Lecturer, INSeR)**

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