



INDIRA SCHOOL & COLLEGE OF NURSING

Approved by INC, Tamilnadu Nurses & Midwives Council, Affiliated to The Tamilnadu Dr.M.G.R Medical University, Chennai

Managed by Indira Educational and Charitable Trust

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CHRONICLES OF ICON & ISON

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From the Chairman's Desk

Dear Readers,

It is great pleasure that ICON & ISON has come up with the Newsletter "Chronicles of ICON". The department is excellent in their duties and responsible for conducting numerous curricular and extracurricular activities in a much innovative and creative way. I believe that this newsletter will display the complete profile of the activities carried out in the department within a short span of time. We at ICON & ISON are committed to impart holistic education with the state of art facilities to the students who have come from the rural areas of Thiruvallur District. Further, we aim to prepare versatile nurses who can serve the society with the compassion and caring attitude by taking-up challenges and responsibilities. Best Wishes to the Editorial Team and look forward to see upcoming editions.

Thiru.V.G.Raajendram,MLA.

Chairman, Indira Group of Educational Institutions



From the Managing Director's Desk:

I would like to congratulate the editorial team for their Herculean effort to bring out this Newsletter-Chronicles of ICON. The wide spectrum of articles presented in different categories of academics and extra-curricular activities gives me a sense of pride that our students and professors possess creative potential and original thinking in organizing nursing education in the campus. This newsletter is truly a window to the activities and reflects the standards of our college.

Wishing the team many more success

Tmt.Indira Raajendran,

Managing Director,

Indira Group of Educational Institutions



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INDUCTION DAY PROGRAMME



The **19th Induction Day Programme** for the academic year 2024–2025 at **Indira College of Nursing** was held on **22nd November 2024** with great enthusiasm and warmth. The event marked the formal welcome of the new batch of B.Sc. Nursing students into the Indira family and was attended by students, faculty, parents, and dignitaries. All teaching and non-teaching staff members were introduced to the students. Each faculty member delivered a brief self-introduction, fostering an early connection between the students and their mentors, and thereby setting a positive tone for their academic journey ahead.

LAMP LIGHTING CEREMONY

The Lamp Lighting Ceremony for the 19th batch of B.Sc. Nursing and DGNM students of Indira School and College of Nursing was held on December 9th, 2024, at 10:00 AM in the first-floor auditorium of Indira College of Nursing. The ceremony commenced with a solemn procession by the B.Sc. Nursing and DGNM students, marking the beginning of their noble journey into the nursing profession. The event opened with a melodious welcome song performed by the nursing students. The Honorable Managing Director, **Tmt. Indira Raajendran**, ceremoniously lit the **Florence Nightingale Lamp**, symbolizing the spirit of compassion and dedication inherent in the nursing profession. She then passed on the light to the Nursing Dean, Principal, and faculty members, signifying the transfer of knowledge, care, and responsibility.



Faculty members shared their experiences and extended their heartfelt blessings to the budding nurses, inspiring them to uphold the values of empathy, service, and integrity throughout their careers.

The event was a meaningful and inspiring milestone for the students as they stepped forward to embrace the noble path of nursing.

WORLD DOWN SYNDROME DAY



The Mental Health Nursing Department of Indira College of Nursing, in collaboration with the third-year B.Sc. Nursing students, organized an awareness program on World Down Syndrome Day on 7th April. The event aimed to educate students, staff, and the community about Down syndrome, promote inclusion, and reduce stigma surrounding the condition. The third-year B.Sc. Nursing students showcased a series of informative and artistic posters covering various aspects of Down syndrome. A short skit was performed by the students. The Down Syndrome Day program was a successful initiative that met its goal of raising awareness and promoting empathy.

WOMEN'S DAY CELEBRATION



Indira College of Nursing celebrated International Women's Day on 12th March 2025, with the aim of honouring the significant contributions of women, particularly in the field of nursing and healthcare. The event was organized to acknowledge the tireless dedication of women in the medical profession, raise awareness about gender equality, and inspire young nurses and students to continue breaking barriers.

The chief guest for the programme was Dr. Joy Femila, Principal ICOE. This year's Women's Day theme, "Embracing Equity in Nursing," focused on gender equality, empowerment, and the role of women in shaping the healthcare landscape. The Women's Day event at Indira College of Nursing on 12th March 2025 successfully celebrated the strength, resilience, and achievements of women in the nursing profession.



WORLD TUBERCULOSIS DAY CELEBRATION



On 5th April 2025, Indira College of Nursing observed World Tuberculosis (TB) Day with a focused event aimed at raising awareness about the global impact of TB, its prevention, and the importance of timely diagnosis and treatment. The event was organized by the Second-Year Nursing Students and the Department of Medical-Surgical Nursing, with **Dr. Vasanth MBBS**, a renowned physician, as the Chief Guest. The primary aim of the event was to spread knowledge about TB, encourage early diagnosis, and reduce the stigma associated with the disease.



The event also emphasized the critical role that healthcare professionals, particularly nurses, play in TB management and prevention. Dr. Vasanth also highlighted the critical role of healthcare professionals, particularly nurses, in patient education and ensuring adherence to treatment regimens.

Together, we can achieve a TB-free world. By supporting awareness, encouraging testing, and ensuring treatment for all, we can save lives and build healthier communities.

ROAD SAFETY AWARENESS PROGRAM



On April 24, 2025, Indira College of Nursing successfully organized a Road Safety Awareness Program aimed at promoting safe driving practices and reducing road accidents among students and staff. The event aimed to educate students and staff about the importance of road safety, responsible driving, and pedestrian safety, and to promote a safer environment both within and outside the campus.

The mock accident simulation and the informative talks provided practical knowledge that is crucial in case of a real-life emergency. Students also acknowledged the importance of road safety in their future careers as healthcare professionals, recognizing that their ability to provide timely medical care to accident victims can save lives. Several students pledged to wear helmets, seatbelts, and practice safe driving habits.



SAFE MOTHERHOOD DAY CELEBRATION



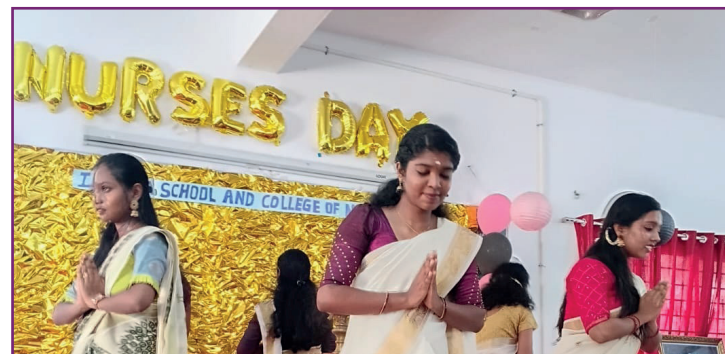
The Department of Obstetrics and Gynaecological Nursing at Indira College of Nursing observed Safe Motherhood Day on 25th April with a series of awareness and cultural activities. The chief guest of the program was Dr.Dillibai, Block Medical officer, Kadambathur Block and the Moderator for Debate Dr. Vishalachi, Professor ICOE. The event aimed to highlight the importance of maternal health and promote safe practices during pregnancy and childbirth. Students prepared and displayed educational posters, A lively and informative skit was performed by the students.



As part of the cultural segment, a 'Valagapu' (traditional baby shower) was organized to symbolize blessings and emotional support for expectant mothers. Students actively participated in a cooking competition, where they prepared nutritious dishes suitable for antenatal mothers.



NURSES DAY PROGRAMME



The Student Nurses Association (SNA) unit of Indira College of Nursing has organized the International Nurses Day Programme on 13.05.2025 between 1.00 pm to 3.00pm. Around 280 B.Sc. (N) and DGNM students were participated in the programme. International Nurses Day 2025 theme "Our Nurses. Our Future. Caring for nurses strengthens economies," emphasizes the vital link between nurses' well-being and the strength of global health systems.



Mastery of ceremony was done by B.Sc. (N) final year student Ms.Divya.V, programme started with "Tamil Thai Vaazhthu" followed by welcome address given by Mr.Vasanth.G, B.Sc. (N) final year. The SNA Co-ordinator Mrs.Kalavathi honoured our Dean Dr.Zealous Mary and our principal Dr. Kavitha.

Our Dean started the lamp lightning ceremony and followed by our principal has recited the pledge. The Fashion Show competition was conducted among contestants and evaluated by the judges and awarded the winners. The programme was concluded with the vote of thanks to all Dignitaries, Guests and all Officials.



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WORLD POPULATION DAY AWARENESS RALLY



World Population Day is observed on 11th July 2025 organized by Directorate of family welfare department, Thiruvallur. Indira college of Nursing students attended the rally and created the awareness about global population issues, including overpopulation and environmental sustainability. Nearly 90 students attended the programme.

The theme of this year was "Empowering young people to create the families they want in a fair and hopeful world, The day highlights the importance of family planning, reproductive health, and addressing challenges of growing populations. A brief talk was given by District Collector on the significance of world population Day and the need to spread awareness about responsible population practice.

E-CONSORTIUM

From Tamilnadu Dr. M.G.R Medical University, about the e-consortium Mr.Pradeep conducted a highly informative and engaging session at Indira College of Nursing on 19.07.2025. The session was attended by teachers, faculties, and students from the college, who actively participated in the discussion. The session covered various topics related to online resources available for the nursing students. The resource person from the E-Consortium explained about the online resource search steps and conducted the online quiz. The winners were encouraged by the gifts. The session was found to be extremely useful by the participants. The college administration and faculty members expressed their gratitude to the E-Consortium for conducting this session and appreciated the efforts made to enhance the knowledge and skills of the nursing professionals.



SNA ZONAL LEVEL COMPETITION 2025

The Students' Nurses Association (SNA) Zonal Level Competition (TNSNAICON 2025) hosted by Venkateswara Nursing College, Thalambur, Chennai on 18th July 2025. A contingent of students from Indira College of Nursing participated in the events and showcased their talents in various competitions. like face painting, pencil sketching, poster presentation, Mehendi, Extempore, on the spot painting, and Essay writing etc. In poster competition, our students excelled and secured 2nd and 3rd prizes for their creative and informative displays. Our students also demonstrated exceptional artistic skills in the pencil sketching competition and won the 2nd place for their outstanding work.



The faculty members accompanying the students expressed satisfaction with the students' performance and appreciated the opportunity for them to showcase their talents. They noted that the competition provided valuable experience and exposure to the students. The students who participated in the competition expressed their gratitude to the college for providing them with the opportunity to participate.

YOGA DAY CELEBRATION



On 21st July 2025, Indira School and College of Nursing hosted a special event to celebrate International Yoga Day, promoting physical and mental well-being among students, faculty, and staff. The event aimed to raise awareness about the benefits of yoga, highlighting its importance in fostering a healthy lifestyle, reducing stress, and enhancing overall physical and mental health. The Yoga Day celebration proved to be a meaningful and impactful event. Participants reported feeling refreshed, rejuvenated, and more connected to their bodies and minds after the sessions.

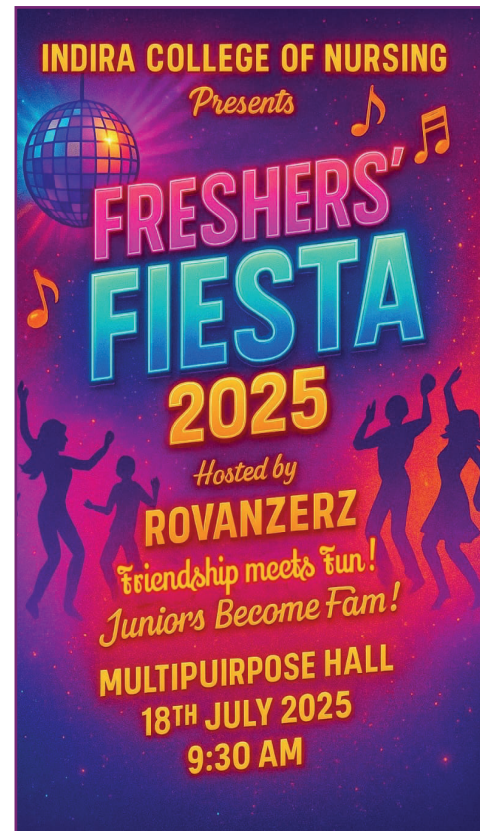
POLLUTION CONTROL AWARENESS RALLY



The Pollution Control Awareness Programme was held on 26th July 2025, organized by the Pollution Control Board of Thiruvallur District. The event, titled "Say No to Plastics," focused on raising awareness about the harmful effects of plastic on the environment and encouraging the adoption of eco-friendly alternatives. Students from Indira College of Nursing actively participated in the programme. A total of around 100 participants and 4 faculty members attended the event. The activities conducted like presentations about the topic, Poster displays and drawings, Interactive sessions on reducing plastic use, and also the Oath-taking ceremony. Students were actively participated.

FRESHERS DAY CELEBRATION

Indira School and College of Nursing celebrated Fresher's Day celebration organized by B.Sc Nursing II year students, warmly welcoming the newest members of the college community 2024-2025 batch. The event aimed to help freshmen transition smoothly into college life by fostering connections with their seniors and faculty. The event successfully created a sense of belonging among the new students, encouraging them to participate actively in college life. It also strengthened the bond between freshmen and seniors, promoting a supportive and inclusive college community.



The program began with a formal inauguration, followed by cultural performances, music, and dance that created a lively atmosphere. Fun-filled games and interactive sessions helped the juniors showcase their talents and build confidence. The seniors extended a heartfelt welcome, assuring guidance and support throughout their academic journey. The event concluded with a vote of thanks and a spirit of unity, leaving unforgettable memories for both seniors and juniors.

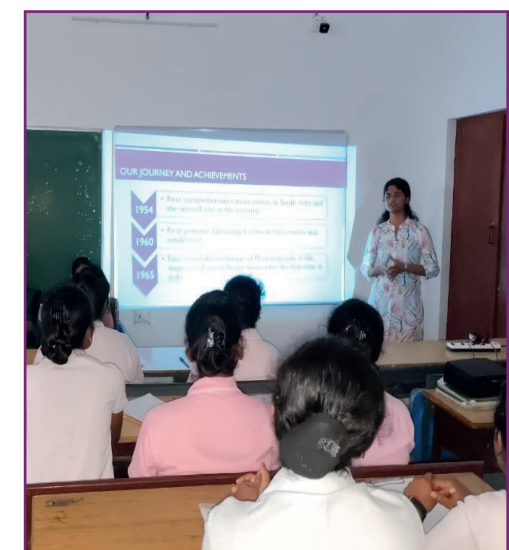
The seniors assured their constant support and guidance to the newcomers, fostering a sense of unity and bonding. Faculty members appreciated the efforts of the II year students for organizing the event successfully and motivating the juniors.



FRESHERS DAY CELEBRATION



PLACEMENT



The Indira College of Nursing aims to provide its students with high-quality clinical exposure and hands-on experience in diverse health care settings. As part of the clinical training and placement program for the academic year, students were placed in the following reputed health care institutions:



1. Adyar Cancer Institute
2. Dr. Mehta's Hospitals
3. Frontier Lifeline Hospital
4. Sri Sathya Sai Hospital
5. Sri Ramachandra Medical Hospital

These placements were organized to enhance students' understanding of specialized care and provide them with real-time exposure to different departments, including oncology, cardiology, general medicine, surgery, ICU, and other critical care units.

OUTREACH ACTIVITIES

SWACHH BHARAT

Indira School and College of Nursing actively organized Swachh Bharat Outreach Activities to promote cleanliness and hygiene in the community. Students and faculty participated in cleanliness drives, awareness rallies, and health education programs in nearby areas. The activities emphasized proper waste disposal, plastic reduction, and the importance of personal and environmental hygiene. Through these efforts, the institution inspired community participation and reinforced the vision of a clean and healthy India.



As part of the Swachh Bharat Abhiyan, our institution organized various outreach activities to spread awareness on cleanliness, hygiene, and waste management. Students and faculty actively participated in rallies, cleanliness drives, and community sensitization programs. Awareness sessions were conducted in nearby areas to encourage segregation of waste, plastic-free lifestyle, and the importance of maintaining a clean environment.

GARDENING

Students of Indira School and College of Nursing enthusiastically took part in a gardening activity within the campus. They planted saplings, watered plants, and cleaned the garden area to promote greenery and environmental awareness. The initiative not only enhanced the beauty of the campus but also created awareness about the importance of a clean and healthy environment.



OUTREACH ACTIVITIES

VISIT TO MILK DIARY

Students of Indira School and College of Nursing visited a Milk Dairy company as part of their educational exposure program. During the visit, students observed various stages of milk processing, packaging, and quality control measures. The visit helped them gain practical knowledge about food safety, hygiene practices, and the importance of nutrition in public health. It was an enriching experience that connected their classroom learning with real-world applications.



Aavin Milk Processing Unit at Korattur as part of their educational program. They observed the processing, pasteurization, and packaging of milk, along with hygiene and quality control measures followed in the factory. The visit provided valuable practical knowledge on food safety, nutrition, and large-scale dairy management, linking theory with real-life applications.

