



LITTLE LOURDES COLLEGE OF NURSING

ALUMNI NEWS LETTER



INTRODUCTION OF ALUMNI IN LITTLE LOURDES COLLEGE OF NURSING

The Little Lourdes College of Nursing alumni association was registered on 2022 and the Register no is Reg No: KTM/TC/220/2022. It is registered as per the Travancore Cochin Literal Science and Charitable Societies Act and the area of authority is Kottayam District.

AIMS AND OBJECTIVES:

The aims and objectives of the Association shall be:-

1. To foster the mutual relationship and cooperation between the alumni and the teachers of Little Lourdes College of Nursing. Kidangoor
2. To organize seminars, workshops, refresher courses etc. for the students, teachers and the alumni of various departments of the College.
3. To organize competitions like elocution, essay writing, Quiz etc. for the students and alumni of the College.
4. To take initiatives to upgrade Little Lourdes College as one among the premier institutions of higher education.
5. To strive for the betterment of the social, cultural, educational and health related concerns of the local people.
6. To organize medical camps for creating health awareness among people and to
7. To organize seminars and classes to propagate legal awareness in society
8. To create awareness about the ill effects of consumption of drugs, liquor and tobacco.
9. To take part in the philanthropic activities initiated by this association in collaboration with hospitals, orphanages, prayer centers and counseling centers
10. To take over projects related to the catastrophe caused by natural disasters
11. To initiate educational prospects for the uplift of financially and socially backward students in our society
12. To make arrangements for blood donation at emergency situations.

LITTLE LOURDES COLLEGE OF NURSING ALUMNI ASSOCIATION KIDANGOOR

Reg. No: KTM/TC/220/2022



ANNUAL REPORT

Little Lourdes College of Nursing Alumni Association registered in 2022 September. Last Annual General body meeting was conducted on 26/01/2024 through Google meet Platform. Totally 53 members were participated in the meeting. Based on agenda, the GBM taken decisions were:

1. Annual GBM will be conducted every last Sunday of September
2. The existing executive remain continue till the next GBM
3. Decided to change financial account period to financial year (April-March)

The second Bylaw amendment process were started due to lack of needed clauses in Bylaw suggested by the district registration office of association, Kottayam Collectorate. Bylaw amendment completed on 09/09/2024. Approximately 24 clauses were amended/changed according to the common rules of Bylaw of Association.

For changing the financial account to financial year, two audits (from January 2022 to December 2022 27/03/2024 and 1st January 2024 to 31st March 2024 on 27/09/2024) done and submitted in Registrar Office at Kottayam Collectorate.

Alumni gathering is conducting separately for each batch separately according to their convenience.

An account for association opened in South Indian Bank on 23/01/2025.

Next annual general body meeting is planning to conduct in month of April 2025.

Thanking you

Anumol Alex

Secretary

Message



DR. SR. JOSEENA SVM

Principal

Little Lourdes College of Nursing

Dear Alumnae,

It gives me immense joy and gratitude to reach out to you through this edition of our college magazine. The Alumni of Little Lourdes College of Nursing remain the living testimony of our institution's values, discipline, and excellence in the noble profession of nursing. Wherever you are placed, your dedicated service, professional competence, and compassionate care continue to uphold the name of your alma mater with pride.

Our college has always believed that education is not merely the imparting of knowledge but the holistic formation of individuals who can become beacons of hope and healing in society. Each of you, through your commitment and tireless service in hospitals, communities, and institutions across the globe, reflects this vision beautifully.

As we continue to grow, innovate, and respond to the ever-changing demands of healthcare, we also draw inspiration from the success stories and contributions of our Alumni. Your achievements remind our students that nursing is not just a career but a vocation of love, service, and compassion.

I warmly invite you to remain closely connected with your alma mater, to share your experiences, and to extend your support in shaping the future of upcoming generations of nurses. Together, let us nurture this bond of love and learning that will always keep the spirit of Little Lourdes alive.

With prayers and blessings,

Dr. Sr. Joseena (Principal)

Dear Alumni,

Greetings from Little Lourdes College of Nursing!

It gives me immense joy to connect with you once again through this alumni newsletter. Our alumni are the true ambassadors of our institution, carrying forward the values of compassion, commitment, and



excellence that form the foundation of our college. Your contributions in diverse fields of nursing and healthcare stand as a testimony to the quality of education and holistic formation you have received here.

As you continue to make a difference in the lives of patients, families, and communities across the world, we remain deeply proud of your achievements. At the same time, we encourage you to stay connected with your alma mater—your guidance, experiences, and support are invaluable to our present students who look up to you as role models.

Together, let us continue to uphold the noble mission of nursing: to serve humanity with love, skill, and dedication. May this alumni network grow stronger as a platform for learning, sharing, and fostering lifelong bonds.

With warm regards and prayers for your health and success,

Sr. Starly SVM

Vice Principal

Little Lourdes College of Nursing

QUALITY INCHARGE



Sr. Amal SVM
IQAC Coordinator

Dear Alumni,

Greetings from IQAC, Little Lourdes College of Nursing!

It gives me immense joy to extend heartfelt wishes to all our dear alumni through this newsletter. You are the pride and strength of our institution, carrying forward the values, knowledge, and spirit of Little Lourdes into diverse corners of the world.

As the IQAC Coordinator, I take this opportunity to appreciate your continued contributions in upholding the standards of the nursing profession and in making a positive impact on society. Your success stories inspire our present students and motivate us to strive for excellence in every sphere of academic and professional life.

May this Alumni Newsletter be a bridge that keeps us connected, celebrates your achievements, and fosters a spirit of lifelong learning and togetherness. We look forward to your active involvement and valuable feedback in our collective journey toward growth and quality enhancement.

With warm regards and best wishes,

Sr. Amal SVM

IQAC Coordinator

Little Lourdes College of Nursing

Dear Esteemed Alumni,

It gives me immense joy and pride to address you through this edition of our Alumni Association newsletter. The Little Lourdes College of Nursing Alumni Association—proudly registered under the District Registrar Office, Kottayam—stands as a vibrant community of all former students of Little Lourdes Nursing Institution.



Our Association was founded with the purpose of nurturing lifelong bonds among our alumni, strengthening our professional network, and upholding the values instilled during our time at Little Lourdes. Over the years, our members have made remarkable contributions across diverse areas of nursing, healthcare, education, and leadership. Their achievements continue to bring honor to our alma mater.

Through this platform, we strive to:

- * Foster connections among alumni across batches.
- * Provide support for professional growth, collaboration, and mentorship.
- * Promote social responsibility and community service inspired by the spirit of our institution.
- * Maintain strong ties between alumni, faculty, and current students to encourage knowledge sharing and mutual growth.

As we move forward, your active participation, valuable suggestions, and wholehearted involvement will be the strength of our Association. Together, we can create meaningful opportunities for our members, contribute to the welfare of society, and keep the legacy of Little Lourdes alive.

Let us continue to stay connected, celebrate our shared journey, and inspire future generations of nurses to carry forward the ideals of compassion, service, and excellence.

With warm regards,

Sr. Praveena SVM

Coordinator, Little Lourdes College of Nursing Alumni Association

EXECUTIVE COMMITTEE

The administration of the association shall be elected in an executive committee consisting of 9 members selected by the general body. The term of office of the executive committee shall be one year. However, the members are eligible for re-election. The executive committee shall meet at least twice in a year it shall consist of

1. Patron, Principal, Little Lourdes College of Nursing
- 2 President, life member of the Association working in Kerala
- 3 Vice president, life member of the Association working in Kerala
- 4 Secretary, life member of the association
- 5 Joint secretary life member of the association
- 6 Treasurer, life member of the association
7. Four members elected to executive committee

EXECUTIVE MEMBERS



Dr. Sr. JOSEENA
Patron



Sr. PRAVEENA
Secretary



LIJIMOL
President



TINCY AUGUSTINE
Treasurer

REPRESENTATIVES



Sr. Aagi



Dhanya Vijayan



Sr. Anu



Jensa

BEST TEACHER AWARD 2024-25

During the College Day Celebration held on 13th September 2025 at Little Lourdes College of Nursing, Kidangoor, the Best Teacher Award for the academic year 2024–25 was conferred upon Ms. Parvathy P. Nair.

This prestigious recognition was awarded in appreciation of her dedication, exemplary teaching skills, and valuable contributions to the academic and professional growth of nursing students. The award ceremony formed one of the highlights of the College Day, celebrating excellence in teaching and commitment to the mission of the institution.



NATIONAL WORKSHOP ON ARTIFICIAL INTELLIGENCE



The Internal Quality Assurance Cell (IQAC) and the Department of Child Health Nursing of Little Lourdes College of Nursing, Kidangoor, organized a National Level Workshop on "Discover AI – Empower Tomorrow" on Saturday, July 26, 2025, at the college auditorium.

The theme of the workshop was "Turbocharge Research and Academics with Free AI Tools", aiming to enhance the knowledge and skills of students and faculty in integrating Artificial Intelligence (AI) for academic and research purposes.

The workshop was chaired by Dr. Sr. Joseena, Principal of Little Lourdes College of Nursing. The keynote sessions were delivered by Dr. Sharon Basil, Associate Professor of Community Medicine, MOSC Medical College, Kolenchery, who served as the resource person.

The program was coordinated by Ms. Jain Jacob and Ms. Poonam Mary Kurian, who ensured smooth organization and participation.

Golden Memories



*First Batch
Bsc. Nursing*

*Second Batch
Bsc. Nursing*



*Third Batch
Bsc. Nursing*



Our Recent Graduates

From the Alumni Desk

NURSING COLLEGE LIFE

The Essence of College Life in Nursing

College life is often described as the most memorable phase in a student's journey, and in a nursing college, it carries a unique charm. It is a blend of academic challenges, personal growth, and experiences that shape us into responsible professionals and compassionate human beings.

Nursing students do not just spend their days learning theory from textbooks; they live a life that teaches them patience, empathy, teamwork, and resilience. From attending early morning classes to working in clinical postings, each day is a new lesson. While the workload can sometimes feel overwhelming, the sense of purpose keeps us motivated. Every patient we interact with and every skill we practice brings us closer to becoming the kind of nurse the world needs.

Of course, college life is not just about studies and duties. It is also about friendships, laughter, and shared memories. Whether it's preparing for cultural programs, celebrating festivals on campus, or simply sharing lunch during breaks, these small moments create bonds that last a lifetime. Nursing students may have busy schedules, but they know how to find joy even in the smallest things.

What makes nursing college life special is the balance between discipline and freedom. On one hand, we learn responsibility, punctuality, and professionalism. On the other, we explore our talents, creativity, and leadership through extracurricular activities. These experiences not only make us better students but also prepare us for the real world outside the campus.

In the end, college life in a nursing institution is not just a phase of education, but a journey of transformation. It is where we step in as students with dreams and step out as professionals with purpose. These golden years leave us with knowledge, memories, and friendships that will stay with us forever.

Joicee John



JOICEE JOHN
07/03/2002

പ്രവാസം....

അടരുന്ന ജീവിത മടരുകളിൽ അറിയാതെ തേങ്ങുന്ന നിലവിളികൾ പതറുന്ന ജീവിത വേദനകൾ താങ്ങി പതിയെ മടങ്ങുന്ന മനുഷ്യർ

ജീവിത പാതിയും പരദേശിയാതെ പൊള്ളുന്ന മറുനാടിൻ മണ്ണിൽ വിങ്ങുന്ന നൊമ്പരപ്പാടിൽ തെല്ലൊന്നു മറന്നു പോകാതെ സ്വയമേ. എരിഞ്ഞണയുന്ന ജീവിതങ്ങൾ

നാടിന്റെ മണവും സുഗന്ധവും അറിയാതെ അന്യദേശത്തിൽ രുചിയും മണവും ശീലമാകുന്നവർ കുതിരമാറുന്ന ചില്ലുപാത്രമായി തട്ടിച്ചു നോക്കുന്ന തുലാഭാരമി ജീവിതം....



RIGI SHAJU
06/05/1997



മനസ്സ് എന്റെ സൗഹൃദം

ഒരു നേർത്ത തെന്നലായ്
 എന്നോടൊപ്പം ചേരുന്ന എൻപ്രിയതോഴി
 നിന്നോടുള്ളൊരീ സ്നേഹം
 വർണ്ണിക്കാനുതകുന്നതിനുമപ്പുറം
 ഒരു വേളപ്പോലുമി വേർപിരിയുന്നു
 നിന്നിൽ നിന്നോർക്കുന്നതീ എൻ മനോവേദന.
 സൗഹൃദത്തിൻ ജനാലകൾക്കപ്പുറം
 നീയെന്നിക്കരളൊമോ ആണെന്ന് ഞാനറിയുന്നു.
 എൻ ചൊടിയിലുയരും പുഞ്ചിരിയായി
 വേദനകളിലെൻ തിരിനാളുമായി
 നീയെന്നരികിലുള്ളതാണെൻ ബലം.
 ആദ്യമായി ഭൂവിൽ പിറന്നൊരീനാൾ മുതൽ
 നാം ഇരുവരും ഒന്നാണീ മണ്ണിൽ
 എന്നിലെ മുറിവുകളാണീ
 നിന്നുള്ളിലും എരിയുന്നതെന്നു ഞാനറിയുന്നു.
 എൻ മനമേ...നീയാണെൻ പ്രിയതോഴി...
 ഈ യാത്രയിലും നീളുമെൻ സൗഹൃദത്തിൽ
 വാതിൽ നിന്നിലൂടെ പെയ്തിറങ്ങുന്നു.
 അറിയുന്നു ഞാൻ നിന്നെയധികമായി
 എന്നുള്ളിലെ നീയെന്ന സത്യത്തെ...



ANJALY SHAJI
15/07/2000

SORROWS AND PAIN

Miserable experiences are a part of every one's life. In this short writing I would like to tell my personal experience of overcoming sorrows and Pain. Don't think that only in our life misery and pain comes, If one day we enjoy a lot, the next day there may or may not be something for crying. It's the law of nature.

In our day to day life, lots of bad experiences come into our life, sudden losses, failures, punishments, being alone sometimes are some of them, when these agonies come into our life, don't be sad or overthink about it. It will low down our Potentials and energy. It makes us think that "I am waste, I am worthless, helpless and hopeless. If this Feeling is getting over you, always try to run away from it. Otherwise it will lead you in the wrong path. Our Inborn Potentials and talent won't be worked out if our mind is filled with sorrows. So what you will have to do is take life as a challenging one. Take your problems as a question to answer. Solve the problems with your potential, strongly believe in your spiritual faith. Entangle yourself in the web of peace and harmony. Make God as the first priority. Be with your loved ones during pain and miseries. Think that what beautiful life that God almighty has given to us. Believe in your Powers and strength. Rather than the feeling of "I" and "me" Believe in with God I am able to"!

Sandhra Prathap



SANDHRA PRATHAP
27/03/2001

ഇവർ പുതിയ ജീവിതത്തിലേക്ക്...

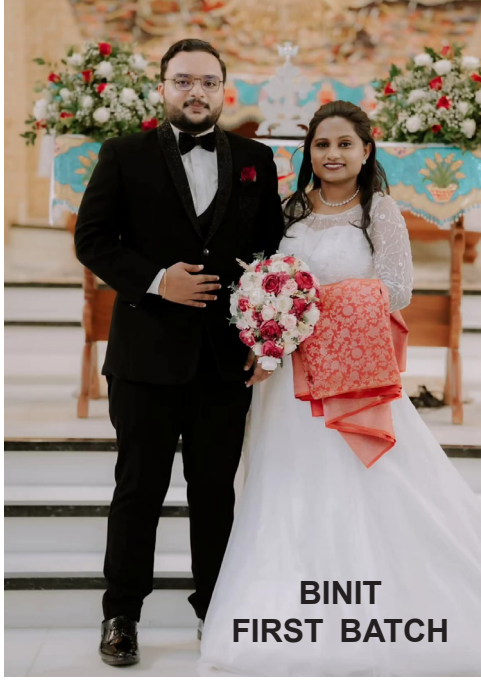
**JEENA
FIRST BATCH**



**NITHYA
FIRST BATCH**



**BINIT
FIRST BATCH**



**AMALA
FOURTH BATCH**



**ASHNA
2018-19 BATCH**



**MARIYA
FIRST BATCH**



**ARYA CC
2018-19 BATCH**



**JASMIN
FIRST BATCH**



ഇവർ പുതിയ ജീവിതത്തിലേക്ക്...



PHOTOS OF DIFFERENT EVENTS



2015-16 BATCH



2018-19 BATCH



Angela, Binit Irland



Angela, Anu, Anju From Irland



ANM students with Sr. Starley

Kidangoor, Kerala, India
Mjm7+m3m, Sh32, Kidangoor, Kerala
686572, India
Lat 9.683278° Long 76.613623°
14/06/2025 04:28 PM GMT +05:30

GPS Map Camera



കൂടാരം ജീകൾ



BLUE EYE
EYE CARE
SOLUTIONS

പാർവതി (34)
മുല്ലൂർ, മാഞ്ഞൂർ സൗത്ത്

ഔദ്യോഗിക നിരവധി



Sr. AAGI

2025 May 14 - 2026 May



Sr. TESEENA

2024 May 1 - 2025 May 1
First Batch GNM Student

Campus Revamping





ഈ യാത്രയിൽ ഞങ്ങളോട് സഹകരിച്ച എല്ലാവർക്കും നന്ദിയോടെ....