

LOURDIAN'S NEWS LETTER

VOLUME - III

ISSUE - III



JULY - DECEMBER 2025

MESSAGE FROM PRINCIPAL'S DESK

I am delighted to share with you the latest updates and achievements of our college. Our students have excelled in various fields, and we are proud of their accomplishments. I appreciate the hard work and dedication of our faculty and staff in shaping the future of our students.

Let's continue to strive for excellence and make our college a hub of learning and innovation.

Best regards,

Dr. Sr. Joseena



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SR. AMAL SVM

STUDENT EDITOR



MR. SYAMKUMAR S

The Soul of the Scrubs: Why Your Spirit Matters

In the bustling halls of healing, you are the keepers of the light. Nursing is more than a profession; it is a sacred pilgrimage through the peaks and valleys of human existence. But let's be honest: it is difficult to remain a "zen master" when the call bells are ringing and your third cup of coffee has gone cold.

To carry the lamp for others, you must first ensure your own flame stays lit. **Spirituality is the quiet anchor in the stormy sea of clinical demands.** It is the realization that while you treat the body, you are also tending to the soul—both the patient's and your own. Whether found in prayer, meditation, or a quiet walk in nature, a robust spiritual life provides the resilience needed to witness suffering without losing your spark.

"Nursing is an art; and if it is to be made an art, it requires an exclusive devotion as hard a preparation as any painter's or sculptor's work." — Florence Nightingale

When you are spiritually grounded, your presence becomes a sanctuary. You no longer just "do" nursing; you "become" a healing force. This inner peace is your best defense against burnout and your bridge to authentic empathy.

Nourish the gardener as much as the garden. Take a moment today to breathe into the stillness of your heart. In that silence, you will find the strength to continue this vital, beautiful work.



Ms. Reesemol Jose
Staff Nurse, Acute Medical Unit
Royal Preston Hospital, UK

As a proud former student of this distinguished college [2015-2019 batch] it fills my heart with pride and gratitude to send my best wishes to the college through this new letter. It is wonderful to see the achievements, creativity and updates of our institution showcased so beautifully. I am sure that this publication reflects the accomplishments, events and vibrant spirit of our institution. I wish the college continued success in nurturing skilled, caring and ethical nurses who will serve humanity with kindness and professionalism. Once again warm congratulations on the release of our latest newsletter.

“Managing Stress During Nursing Student Life”: Advice from a Nursing Teacher

Nursing education is both rewarding and demanding. Many students experience stress due to academic pressure, clinical responsibilities, and the emotional challenges of caring for patients. As a nursing teacher, I always remind my students that learning to manage stress is just as important as learning clinical skills.

First, **good time management** is essential. Students should plan their study schedules, complete assignments on time, and avoid last-minute preparation

Second, **take care of your physical and mental health**. Adequate sleep, healthy meals, and regular exercise help maintain energy and concentration. Even simple activities like a short walk, deep breathing, or meditation can reduce stress.

Third, **seek support when needed**. Students should not hesitate to talk with teachers, classmates, or mentors when they feel overwhelmed. Sharing experiences with peers often makes challenges easier to handle.

Finally, remember the purpose of nursing — to care for others with compassion and professionalism. Keeping this goal in mind can motivate students during difficult times.

Stress is a natural part of student life, but with proper coping strategies, nursing students can stay focused, healthy, and confident as they prepare for their future profession.



Ms. Jisha Jose
Assistant Professor
Department of Psychiatric Nursing,
LLCON

CONTINUING NURSING EDUCATIONAL PROGRAMME FOR STAFFS

“National Level Workshop on Discover AI – Empower Tomorrow”



On 26.07.2025, a one-day national-level workshop on “National Level Workshop on Discover AI – Empower Tomorrow” organized by the IQAC and Child Health Nursing Department of LLCON. The resource person was Dr. Sharon Basil, Associate Professor, MOSC Medical College, Kolenchery.

FACULTY TRAINING AT KUHS



TNAI WORKSHOP



“Education is the key that unlocks the golden door to freedom.”
George Washington Carver

TRAINING OF FACULTY AT COLLEGE



DOCTORS' DAY CELEBRATION AT LITTLE LOURDES'S MISSION HOSPITAL



Doctors' Day was celebrated on 01.07.2025 at LLM Hospital with great respect and gratitude. The programme was organized to honour all doctors for their dedicated service, commitment, and valuable contribution to patient care. The celebration began with a warm welcome, followed by words of appreciation highlighting the selfless efforts of the medical fraternity. All doctors were felicitated with tokens of love and respect. The event created an atmosphere of joy and appreciation, recognizing the tireless work of doctors in safeguarding the health of society.

COURSE INAUGURATION OF THE 2025 BATCH BY. DR. VALSAMMA JOSEPH



On 03.11.2025, Course inauguration of the 2025 batch was conducted at the college auditorium. Dr. Valsamma Joseph, Principal, Al-Azar College of Nursing, Thodupuzha, was the Chief Guest.

KUHS QUALITY INSPECTION AT BELIEVERS' MEDICAL COLLEGE

DR. SR JOSEENA.



HEALTH DAY CELEBRATIONS

DEPARTMENT OF ADULT HEALTH NURSING



The Diabetic Day Celebration 2025 Was Conducted On 14.11.2025 At LLM Hospital OPD. Programme Organized By Adult Health Nursing Department In Collaboration With IQAC And NSS.

World Hepatitis Day Celebration



World Hepatitis Day was celebrated on 28.07.2028 at LLM Hospital OPD from 10.30 am to 11.30 am. The programme was organized by the Medical Surgical Nursing Department and National Service Scheme of LLCON to create awareness about hepatitis and its prevention. The event highlighted the importance of early diagnosis, vaccination, healthy lifestyle practices, and timely treatment. Students and staff actively participated in the programme and shared informative messages with the public. The celebration was successful in promoting awareness and encouraging better health practices among the community.

DEPARTMENT OF OBG

BREASTFEEDING WEEK CELEBRATIONS AT LLM HOSPITAL

On 07.08.2025, The World breast feeding week celebration conducted by the 6th semester students at the LLM Hospital Gynecology OPD. Rev. Sr. Sunitha SVM inaugurated the function. Dr. Sr. Joseena, Dr. Sr. Latha SVM, Dr. Anjelina were felicitated.



DEPARTMENT OF PEDIATRIC NURSING

CHILDREN'S DAY CELEBRATION



Children' s are the blessing of the god almighty ..

Children's day celebrations conducted on 14th November by our students at LLM OPD. The Programme conducted by 2023 batch students in collaboration with IQAC and NSS

DEPARTMENT OF PSYCHIATRIC NURSING

"Your mental health matters just as much as your patients' recovery." 🌸



ON 10.10.2025, THE WORLD MENTAL HEALTH DAY CELEBRATIONS ORGANIZED BY IQAC AND 6TH SEMESTER STUDENTS CONDUCTED AT LLM HOSPITAL OPD.

DEPARTMENT OF COMMUNITY HEALTH NURSING



Kummannoor, Kerala, India

Mjqf+vvq, Sh32, Kummannoor, Kerala 6865

India

Lat 9.689949° Long 76.624784°

02/07/2025 11:43 AM GMT +05:30

Various programmes and health check-ups are being conducted regularly at Snehasparsham, the Community Outreach Centre, with the aim of promoting health and well-being among the community. These activities include health awareness programmes, screening camps, basic medical check-ups, and counselling services. Faculty, students, and healthcare professionals actively participate in these initiatives to provide quality care and health education. The programmes have been beneficial in identifying health problems early, improving awareness, and encouraging healthy lifestyle practices among the people.

SCHOOL HEALTH PROGRAMME “KARUTHAL” AT GOVERNMENT L.P. GIRLS SCHOOL, KIDANGOOR, “SAY NO TO JUNK FOOD.”



Kidangoor, Kerala, India

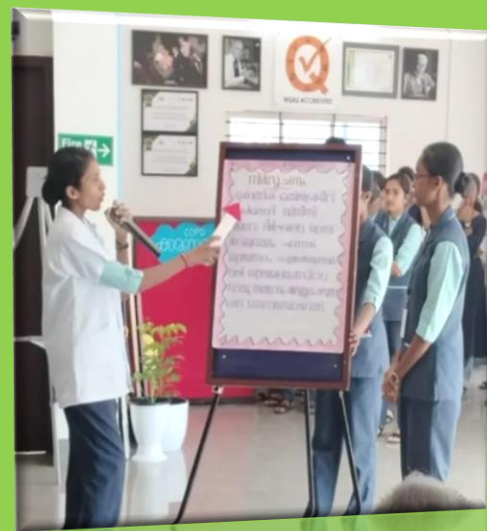
Mjf7+p7p, Kidangoor, Kerala 686583, India

Lat 9.674314° Long 76.613147°

26/11/2025 12:56 PM GMT +05:30

The school health programme “KARUTHAL” is organized by community health nursing department in collaboration with IQAC and NSS. The programme is for students of govt. L P girls school Kidangoor and is dealing with the topic “SAY NO TO JUNK FOOD”

COPD AWARENESS PROGRAMME



The COPD Awareness Programme was conducted on 19.11.2025 at CHC Koodalloor by 7th Semester students, organized by the Community Health Nursing Department in collaboration with IQAC and NSS. The programme aimed to create awareness about Chronic Obstructive Pulmonary Disease (COPD), its causes, symptoms, prevention, and management. Students actively participated by delivering health education sessions, demonstrations, and interactive discussions for the public. The importance of avoiding smoking, maintaining a healthy lifestyle, early diagnosis, and regular treatment was emphasized. The programme was successful in spreading awareness and encouraging the community to adopt preventive health measures.

**ALUMNI: THE RELEASE OF THE ALUMNI NEWSLETTER ON
27.09.2025**



The release of the Alumni Newsletter was done on 27.09.2025 at 2:30 pm by Dr. Sr. Joseena, Principal, LLCN. The newsletter was handed over to Ms. Lijimol, Alumni President. Students, faculty members, and alumni representatives were present at the function.

**CAREER GUIDANCE CLASS FOR FINAL - YEAR STUDENTS BY
SR. JAISY SVM**



Sr. Jaisy SVM has taken a very effective and innovative career guidance class for the seventh semester students of our college on 17.10.2025

ONAM CELEBRATION 2025

The Onam and Teachers' Day celebration, KASARTH 2025, was conducted on 28th August 2025 at the college auditorium. Various cultural programmes and competitions were organized with active participation from students and teachers.



SPEECH COMPETITION BY KCYL - II PRIZE

MS. RANI PHILIP VII SEMESTER



പിറവത്ത് വച്ച നടന്ന കെസിവൈഎൽ കോട്ടയം അതിരൂപതല 8-മത് ഫാ. ജേക്കബ് കുറിപ്പിനകത്ത് മെമ്മോറിയൽ പ്രസംഗ മത്സരത്തിൽ രണ്ടാം സ്ഥാനം കരസ്ഥമാക്കിയ കെസിവൈഎൽ കൈപ്പുഴ യൂണിറ്റ് അംഗം റാണി ഫിലിപ്പ്.

LAMP LIGHTING CEREMONY - 12-10-2025



The Lamp Lighting Ceremony of the 2025 batch of First Semester B.Sc. Nursing students of Little Lourdes College of Nursing (LLCON), Kidangoor was solemnly conducted on 20 December 2025 at 10.00 a.m. The programme was organized to formally induct the fresh batch of nursing students into the noble profession of nursing and to uphold the values of compassion, dedication, and service.

EXAMINATION RESULTS

SEVENTH SEMESTER



SIXTH SEMESTER



FOURTH SEMESTER



SECOND SEMESTER



NEW BUDS: 2025 BATCH



“Welcome to the noble profession of nursing. As you begin this journey, remember that you are not just learning skills—you are preparing to touch lives with compassion, care, and commitment.”

OUTGOING BATCH: 2021 BATCH

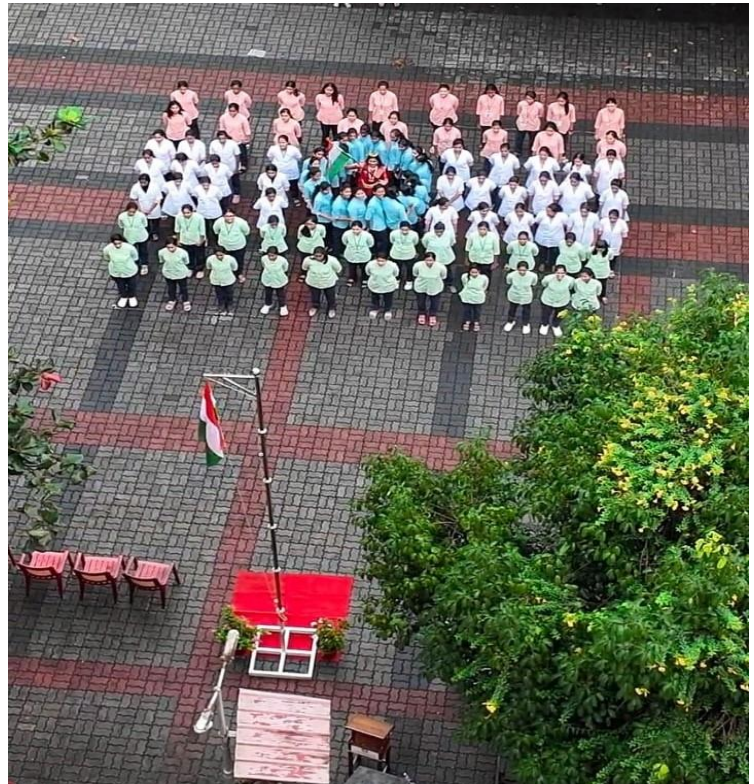


“Dear outgoing batch, Nursing is not just a profession, but a calling to serve humanity with compassion and care. May you face every challenge with courage, treat every patient with kindness, and continue to learn and grow. We are proud of you and wish you success and fulfilment in your future.”

INDEPENDENCE DAY

The Independence Day celebration was held with great enthusiasm and patriotic spirit at LLM Hospital Ground. The programme commenced in the morning with the gathering of staff, students, and other participants.

The celebration began with the hoisting of the national flag, followed by the singing of the National Anthem, creating a sense of unity and pride among everyone present. A brief address was delivered, highlighting the significance of Independence Day and reminding all of the sacrifices made by our freedom fighters.



- JESUS YOUTH PROGRAMME



Jaago is a national conference conducted by Jesus youth, India. It was held at Christ academy, Bangalore from 28.12.2025 to 31.12.2025 and over 12,000 members were attended the conference. From our college total 10 students along with a faculty, Sr. Praveena SVM attended the conference. There were different programmes running parallel at the same time in different sections which include holy mass, adoration, counselling, exhibition, inspirational talks, music concert etc. The programme was really spiritually enriching and eventful. All the participants enjoyed the conference and it was really a blessed moment.

NEW LEARNING MANAGEMENT SYSTEM “EDUSOFT”

INAUGURATION BY SHRI. MONS JOSEPH MLA ON 04/11/2025



**FIRST PRIZE IN ALL KERALA INTER COLLEGIATE REEL MAKING
COMPETITION BY ST DOMINIC COLLEGE OF LAW, KANJIRAPALLY**



MS. FEBA SIBY, MS GOWRI KRISHNA M, &MS. MARIA JOHNSON

VII SEMESTER

IQAC:

KUHS QAS HANDHOLDING INSPECTION 28-10-2025



KUHS QAS ACCREDITATION INSPECTION 12/12/2025





The First inspection of KUHS Quality Assurance Standards accreditation was held on 12th December 2025.

MOU WITH ENGINEERING COLLEGE KIDANGOOR



A Memorandum of Understanding (MoU) has been officially signed between Little Lourdes College of Nursing, Kidangoor and Engineering College, Kidangoor on 22/10/2025 for the purpose of promoting mutual academic collaboration and interdisciplinary research activities.

The MoU aims to strengthen institutional partnership through sharing of knowledge, expertise, and resources in areas of common interest. The collaboration focuses on fostering innovation, joint research initiatives, faculty and student exchange programs, and conducting workshops, seminars, and training programs beneficial to both institutions.



CLUB ACTIVITIES:

ROTARACT CLUB:



NATURE CLUB:

Harvesting of vegetables from the vegetable garden



The Nature Club of our college actively promotes environmental awareness and sustainable practices. As part of its activities, members planted a variety of vegetables in the college garden and took proper care of them. With dedicated effort and teamwork, the garden produced a rich harvest with plenty of fresh vegetables. The activity encouraged students to value agriculture, teamwork, and healthy living while developing responsibility towards nature. It was a rewarding and successful initiative of the Nature Club.

LEARNERS CLUB:



ARTS CLUB:



SPORTS CLUB:



RESEARCH CLUB: RESEARCH MAGAZINE RELEASE



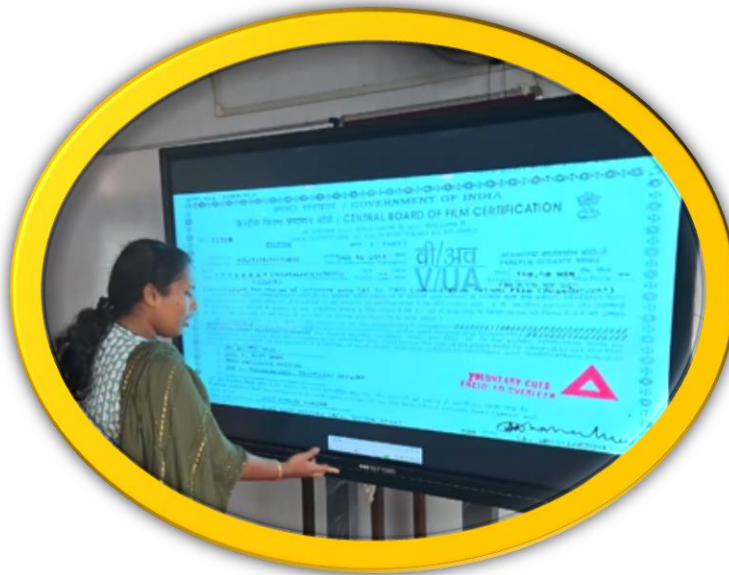
The research Magazine release was held on 22.11.2025 at the College Auditorium. Principal Dr. Sr. Joseena released the new magazine by handing over a copy to IQAC Coordinator.

NSS ACTIVITIES:

As a fund raising programme a fantastic FOOD FEST and a film show was conducted by NSS unit, Little Lourdes College of Nursing on 23.07.2025.



A FILM SHOW ON 23.07.2025 BY NSS



A film show was conducted on 23.07.2025 by NSS as part of its student engagement activities. The programme aimed to provide entertainment along with awareness and learning through meaningful visual content. Students actively participated and enjoyed the session. The film show created a pleasant atmosphere and encouraged unity, relaxation, and interaction among the participants.

WORLD HEPATITIS DAY CELEBRATIONS AT LLM HOSPITAL OPD BY 4TH SEMESTER B. SC NURSING STUDENTS ON 28.07.2025



PICNIC: 7TH SEMESTER STUDENT'S - TRIP TO GOA



Our 4th year students went on a trip to GOA on 29/10/2025 accompanied by 3 faculty and a parent.

HOSTEL STAFF PICNIC



The hostel staff organized recreational and spiritual trips as part of their staff welfare activities. On 26.12.2025, the hostel staff enjoyed a picnic to Munroe Island, where they spent quality time together and experienced the natural beauty of the area. Later, on 13.02.2026, the staff visited Basilica of Our Lady of Good Health and Dhanushkodi. These visits provided opportunities for relaxation, spiritual enrichment, and team bonding. Both trips were memorable and contributed to strengthening unity and morale among the hostel staff.



AT DHANUSHKODI



RETREAT: 22ND & 23RD DECEMBER 2025

A Youth Prayer Retreat was conducted for the students at Little Lourdes College of Nursing (LLCON) on 22nd and 23rd December 2025, from 8.00 a.m. to 5.00 p.m., at the LLCN Auditorium. The retreat was organized with the theme “Let Go – Surrender and Let God Work”, aiming to provide spiritual renewal, inner healing, and personal reflection among the participants.



GUIDANCE PROGRAMME

A **Guidance Programme for Students** was successfully conducted at Little Lourdes College of Nursing (LLCON) on **22nd and 23rd December 2025** with the objective of promoting holistic development, health awareness, value education, and life skills among students.



CHRISTMAS CELEBRATIONS:



The Christmas celebration of 2025 conducted on 20/12/2025 at 2:30 pm. As a part of Christmas celebration, a rally conducted by LLM hospital. All the students and staff members from our college participated in the rally. Christmas holidays started from 24th December to 28th December.



LLM Hospital
Kidangoor, Kottayam | www.llmhospital.com
Mission with a heart

FELIZ NATAL 2K25

Celebrating Christmas with faith, joy and togetherness at LLM hospital

CELEBRATIONS – STAFF BIRTHDAY



The Birthdays of all our staff are celebrating in our college. Small gifts are giving to staff as a token of love.

FEAST CELEBRATION OF SR. STARLY & SR. PRAVEENA

The feast celebration of our vice principal Sr. Starly SVM and Asst. Prof. Sr. Praveena SVM, conducted at the Hostel on September 8th.



BIRTHDAY CELEBRATION OF STUDENTS AT HOSTEL

