LOURDIAN'S NEWS LETTER

January **2026** – *June* **2026**

VOLUME IV

ISSUE IV



MESSAGE FROM PRINCIPAL'S DESK



It gives me immense pleasure to present Lourdians, the biannual newsletter of Little Lourdes College of Nursing, Kidangoor. This publication reflects the vibrant academic, professional, and creative spirit of our institution. It is a wonderful platform to celebrate the achievements, experiences, and contributions of our students, faculty, and staff. Nursing is a noble profession founded on compassion, commitment, knowledge, and service. As we continue our journey towards excellence, let us embrace every opportunity to learn, grow, and serve humanity with dedication. May Lourdians inspire us to uphold our values and strive for greater heights.

Wishing you all continued success and happiness.

Dr.Sr.Joseena

EDITORIAL BOARD

LOURDIANS: A SYMPHONY OF HEARTS, HANDS AND HOPE



Mr. Steve Mathew (8th semester Student), Ms. Geethu Kurian (Lecturer), Sr.Amal SVM (Associate Professor), Ms. Anjaly R. Nair (Tutor)

Welcome to Lourdians!

With immense joy and gratitude, we present this edition of our newsletter—a celebration of the people, moments, memories and milestones that make our Lourde family truly special. These pages are more than a collection of events, they are a reflection of our shared journey of learning, service, faith, creativity and growth.

Like a lamp that dispels darkness, education gives us the courage to see beyond the visible. Like a river strengthened by every stream, our college grows through the dreams, dedication and contributions of every student, teacher and member of our community. Every achievement, challenge overcome, act of kindness and lesson learned becomes a note in the greater symphony of Lourde.

Faith as Our Guiding Light: At the heart of our journey is the call to serve with love and learn with humility. Faith guides us to recognise the sacredness of every human life and to express spirituality through simple acts of care, kindness, gratitude and service.

The Beauty of Becoming: College life is a season of becoming. Like a seed beneath the soil, growth is often unseen before it becomes beautiful. May we celebrate not only our destinations but every step that shapes us.

As you turn these pages, may you discover stories that inspire, achievements that make us proud, memories that bring smiles and moments that remind us of the spirit that unites us. May every Lourdians carry this spirit beyond these walls—like a flame passed from one candle to another, a song carried by the wind, and a prayer rising quietly towards heaven.

Welcome to our story. Welcome to Lourdians!

Editorial Board
Lourdians Newsletter

POSH ACT- 2013

ENSURING A SAFE AND RESPECTFUL WORKPLACE

The Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013, commonly known as the POSH Act, was enacted to ensure that every woman has the right to work in a safe, secure, and dignified environment. The Act aims to prevent incidents of sexual harassment, provide an effective grievance redressal mechanism, and promote gender equality at workplaces.



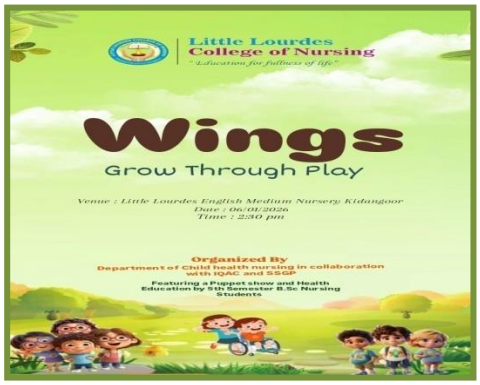
Ms. Neethu Mariam Joseph
Lecturer

The POSH Act defines sexual harassment broadly to include unwelcome physical contact, demands for sexual favours, sexually coloured remarks, showing pornography, and any other unwelcome verbal, non-verbal, or physical conduct of a sexual nature. Every organization employing ten or more workers is required to constitute an Internal Committee (IC)to receive and address complaints in a confidential, fair, and time-bound manner.

Regular awareness programmes, orientation sessions, and sensitization activities, institutions can foster mutual respect and create a culture of zero tolerance towards sexual harassment. Students, faculty, and non-teaching staff should be aware of their rights, responsibilities, and the available complaint mechanisms.

A safe learning and working environment enhances confidence, productivity, and professional growth. Compliance with the POSH Act is not merely a legal obligation but also an ethical commitment to uphold dignity, equality, and respect for every individual. Together, we can build workplaces and educational institutions that are safe, inclusive, and free from harassment.

"WINGS" SCHOOL HEALTH PROGRAMME



On 05.01.2026, School health programme "Wings" organized by pediatric department conducted at little Lourdes English medium nursery school featuring a puppet show and health education



SNEHASPARSHAM 2K25

As part of community health activities (Snehasparsham 2k25), VII Semester students conducted an awareness programme on worm infestation among women attending gym training at Kummannoor on 07/01/2026.





An Observation Visit Class on Biomedical Waste Management (BMWM) was conducted on 08.01.2026, at LLM Hospital for 7th Semester Students.



PLS and BLS module training for students on 10.01.2026





CAREER GUIDANCE CLASS



On 14.01.2026, The Medicity Academy Conducted a "Career Oriented Guidance Class" for our Final Year Students.

WORLD PALLIATIVE DAY CELEBRATION





LLM Hospital, in association with LLCON, organized the World Palliative Care Day Celebration on 15 January 2026 to raise awareness about the importance of palliative care and to promote compassionate, patient-centered healthcare.

ORAL HYGIENE DAY CELEBRATION







Oral hygiene day celebration “Chirimottu” at St.Mary’s English medium nursery school, Kattachira, on 16.01.2026organized by IQAC, NSS and 1st semester students.

ANTI NARCOTIC AWARENESS CAMPAIGN

KCBC Temperance Commission in Collaboration with Little Lourdes College of Nursing Conducted the Inauguration of Anti Narcotic Awareness Campaign on 19.01.2026 at 2.00 pm in the College Auditorium. Honorable MLA, Mons Joseph inaugurated the Ceremony.

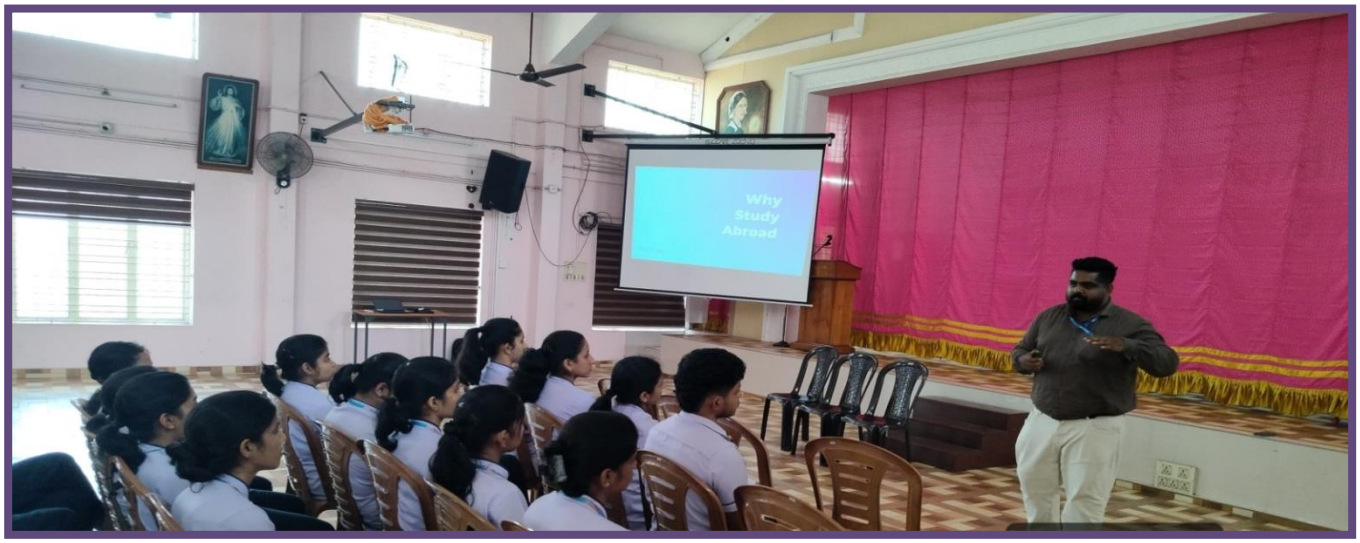






On 21.01.2026, Community health department conducted health education at Kidangoor apparel park about Occupational Health Diseases

Career guidance Program by Edroot International Academy on 22.01.2026





NAVAJEEVAN TRUST VISIT



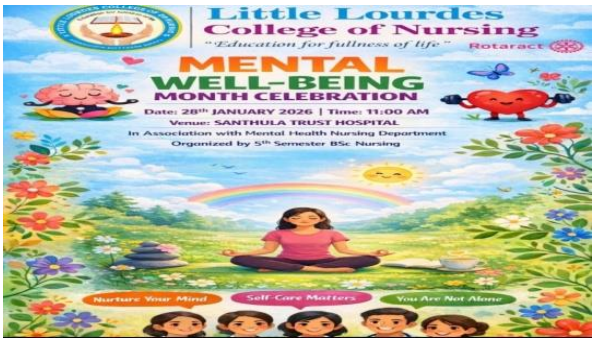


As part of the National Service Scheme (NSS) activities, our students visited Navajeevan Trust on 24 January 2026. The visit was organized to instill the values of compassion, social responsibility, and community service among the students.

FREE MEDICAL CAMP AND EXHIBITION



On 25.01.2026, Little Lourdes mission hospital and little Lourdes college of nursing in collaboration with St. Mary's Knanaya catholi church Koodalloor organized a free medical camp and exhibition at church parish hall. Doctors from various departments were providing checkup and medicine. Students arranged an exhibition for the peoples. Shrimathi Geetha Suresh, Kidangoor grama panchayath inaugurated the programme. Felicitation was given by rev. Sr. Sunitha SVM, director, LLM hospital, and Dr. Sr. Joseena, principal, LLCON.



On 28.01.2026, The Little Lourdes College of Nursing Mental Health nursing department in association with Santhula Trust Hospital conducted a mental well being month celebration at the Santhula Trust hospital.

WORLD LEPROSY DAY CELEBRATION

On 30.01.2026, World Leprosy Day Celebration at Manikkunnam, Kottayam conducted by 7th semester students organizedby Community Health Nursing Department.



GAMES

The Badminton competition was conducted on 31-01-2026 at Golden club, Kidangoor.
The Carrom and Chess competitions were conducted on 03-02-2026 at college auditorium.





ASTRA

ANNUAL SPORTS MEET– 2026

The Annual Sports Meet was conducted on 7th February 2026 at St. Mary's H.S.S Ground, Organized by Student Nurses Association (SNA). The programme commenced with a March Past by the students, The celebration began with a Prayer by the 1stSemester BSc. Nursing students, followed by an energetic Flash Mob performed by the same batch. The Welcome Speech delivered by Mr. Steve Mathew, SNA Chairperson. The Flag Hoisting and Inaugural Address were carried out by Mr. Mahesh K.L., Station House Officer of Kidangoor Police Station. The felicitation was delivered by Sr. Anija SVM, Joint Director of LLMH. The Olympic Torch lighting by Rev. Fr. Stani Edathiparambil, Vicar of St. Mary's Forane Church. The Oath Taking ceremony was led by Mr. Albin Shibu, SNA Sports Secretary, where all participants pledged to uphold fairness, integrity, and true sporting spirit throughout the competitions. The formal function concluded with a Vote of Thanks proposed by Mr. Ben Philip, SNA Vice Chairperson. The sports meet concluded with various athletic events.



FAREWELL PARTY

On 10th February 2026, our college organized a Farewell Programme for the outgoing batch, (TAYSA 2021-25 Batch). The programme was organized by the Student Nurses' Association (SNA).



Thanks Giving by TAYSA 2021-25 Batch B.Sc. Nursing Students on 17.02.2026



SCHOLARSHIP EXAM

Mathew's foundations scholarship Examinationfor Nursing Students was conducted successfully at our college on 21 February 2026**.**



TNAI General Body Meeting Conducted on 28/02/2026.



WINNER OF MY BHARATH BUDGET QUEST 2026



Our student Delna Bose (Vth Semester) achieving outstanding success as the National Level Phase I Winner of My Bharath Budget Quest 2026.

ALL KERALA INTER COLLEGE THROW BALL COMPETITION



All Kerala Inter-College Throw ball Competition was conducted on 25th February 2026 at Caritas College of Nursing. Our institution, Little Lourdes College of Nursing, actively participated in the event with great enthusiasm and team spirit.



Our 5th Semester BSc Nursing students, Jinimol George and Ann Theresa Sebastian, have been awarded the KUHS Merit Scholarship.

KUHS Merit Day & Principal's Conclave was held at Senate Hall, KUHS Thrissur on 07/03/2026.





SNA EAST ZONE EDUCATIONAL COMPETITION – 2026

The SNA Zonal Level Educational Competition was conducted on 10th March 2026 at Little Lourdes College of Nursing, Kidangoor. A total of 19 Nursing Colleges from the East Zone actively participated in the competition. Holy Family College of Nursing, Thodupuzha has secured the 1st position and Marsleeva College of Nursing Cherpunkal has secured the 2nd position. Students from our college participated and secured Third Prize in Poster Presentation and Health Play.





Ms. Rani Philip, Ms. Merlin Lal, Ms. Nandhana Sunil

Health Play - 3rd Prize



Ms. Gowri Krishna M, Ms. Anajana Joshwa

Poster Presentation – 3rd Prize

FEAST DAY CELEBRATION

The Feast day celebration of our principal, Dr. Sr. Joseena was held on 19th March 2026, at College auditorium.



ANTI RAGGING AWARENESS PROGRAMME

On 20.03.2026, Ms. Fintu Kurian, Assistant Professor conducted an Anti - Ragging Awareness Programme for students.



SOFT SKILL TRAINING

On 21.03.2026, The Career Guidance Seminar on 'Build Your Career With Confidence' held at College Auditorium at 2 pm. Seminar lead by Mr. Manu Thomas, Assistant Manager, Learning And Development Tata Consultancy Service. Program organized by LLCON, IQAC in collaboration with Rotary Club.



STATE LEVEL WORKSHOP "SHINE"



State Level Workshop on "Innovative Assessment Techniques for Holistic Development of Students" was organized by the Mental Health Department and IQAC on 23-03-2026 at the college auditorium, benefiting nursing faculty and M.Sc. Nursing students. Dr. Prasanth Mathew, Associate Professor in Physical Science and Vice Principal of P.K.M College of Education, Madampam, serving as the resource person.

SNA EAST ZONAL ATHLETIC MEET – SPRINT 2026

The Zonal Sports Competition was held at Nedumkandam on 27th March 2026. Students from various colleges participated in different athletic events. Our institution proudly participated in the competition.

Ms. Sivkami B, 5thSemester student, delivered an outstanding performance in the High Jump and secured the First Prize.



PROLIFE DAY CELEBRATION



Prolife day Celebration by 7th semester students at St. Thomas Church, Kallara, on 28-03-2026.

FREE MEDICAL CHECKUP



Free medical checkup was conducted at Snehasparsham, Kummannoor by community health nursing department on 01.04.2026.

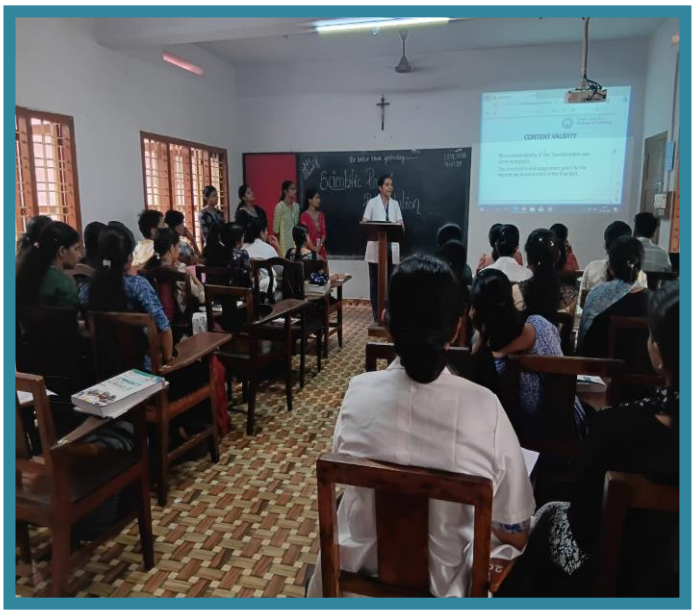
STAFF TOUR

ON 11.04.2026, THE STAFF FROM OUR COLLEGE WENT ON A TOUR TO PANIYERIPORU AT MOOVATTUPUZHA FOLLOWED BY VISITING THODUPUZHA FEST AND ALSO WATCHED A MOVIE. STAFFS ALONG WITH THEIR CHILDREN WENT FOR THIS TRIP. EVERYONE ENJOYED THE TRIP AND CAME BACK TO COLLEGE AT 10.00 PM.



Scientific Paper Presentation by 7thSemester Students on 18-04-2026





SNA EAST ZONE OFF STAGE COMPETITION 2026

The SNA East Zone off stage Competition was conducted on 04/05/2026 at Mar Sleeva College of Nursing. A proud moment for our college was the remarkable achievement of Miss Rani Paul, who secured First Prize in Extempore Speech (English), First Prize in English Elocution, and Second Prize in English Recitation. In addition, Miss Nandana Sunil won First Prize in English Story Writing, and Miss Anjana Joshwa secured Second Prize in English Essay Writing. Their outstanding performances brought great honour and recognition to our college.







GRADUATION CEREMONY 2026

The Graduation Ceremony of the 9thBatch of B.Sc. Nursing (2021 Batch) was held on 5 May 2026 at the Good Samaritan Auditorium, Cherpunkal. The ceremony marked a significant milestone in the academic journey of the graduating students and provided an opportunity to celebrate their achievements and the successful completion of their nursing education.

The programme was presided over by Rev. Sr. Immaculate SVM, Superior General, Visitation Congregation. The inauguration of the ceremony was performed by Mrs. Nimmy Manuel, District Panchayat Member**.** Dr. Alice Mathew, Retired Professor, UNLV, USA, was the Guest of Honour.





NURSES WEEK CELEBRATION

The Nurses week Celebrations 2026 were organized with great enthusiasm and active participation from various nursing institutions in Kottayam district. The celebrations included literary, cultural, and sports competitions conducted on different days to recognize the talents and teamwork of nursing students. The Writing Competition was conducted on 06-05-2026 at Government School of Nursing, Kottayam. The Cultural Competitions were held on 07-05-2026 at M.T. Seminary Higher Secondary School. A proud moment for our institution was the remarkable achievement of our student, Claris Sebastian, who won the title of Individual Champion in Arts for her outstanding performance in various events. The Sports Events were conducted on 09-05-2026 at M.T. Seminary Higher Secondary School. Our faculty member, Sr. Jani SVM, Professor, secured Second Place in Shot Put.



Paediatric Exhibition by 6th semester Students on 11/05/2026





VEGETABLE HARVESTING

The Nature Club organized a Vegetable Harvesting activity on 12/05/2026.
The activity was led by Sr. Jani, Associate Professor, Department of Mental Health.



INNOVATION PROJECT

An Innovation Project was conducted in collaboration with Engineering College Kidangoor on 12-05-2026.



Movie Time Second Semester Students Welfare - 16-05-2026



NSS FILM FEST ENTERTAINMENT BY LLCON FAMILY ON 23-05-2026



ENVIRONMENT DAY CELEBRATION

Environment day celebration conducted on 05-06-2026 by NSS



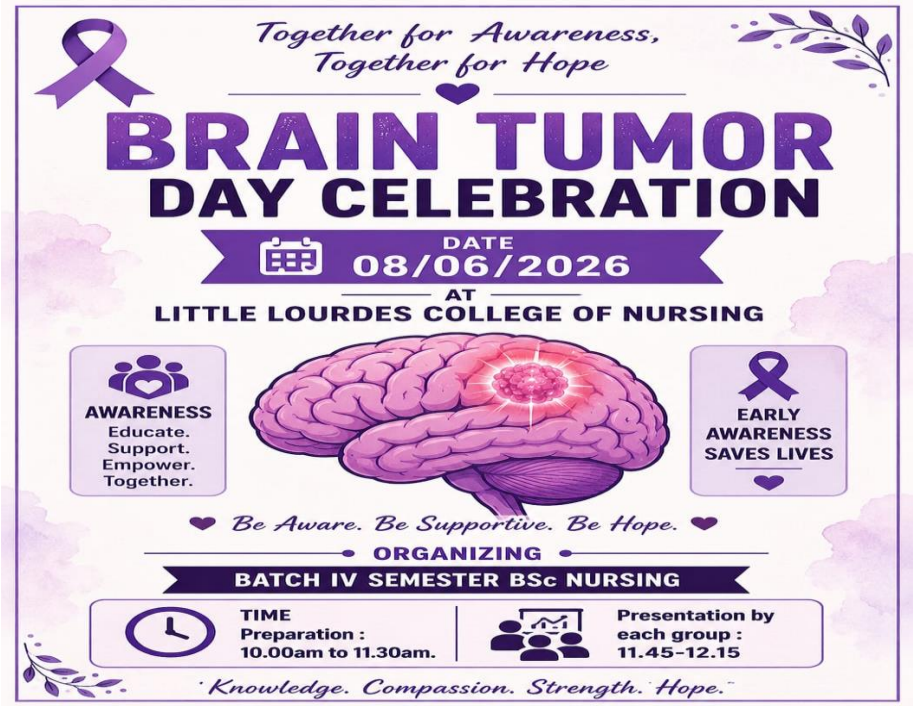


Environment day celebration conducted on 05-06-2026 by SNA



BRAIN TUMOR DAY CELEBRATED 2026

The World Brain Tumor day celebrated at LLM Hospital by the Students of Little Lourdes College of Nursing on 08.06.2026, 10.30 am.



WORLD BLOOD DONATION DAY

On 09.06.2026, World Blood Donation Day Celebration conducted by 2nd semester students. Students donated blood in blood bank of LLM hospital. Students conducted a skit at Pala GH.





ARTS DAY COMPETITION"TARANG – 2026"

The College Arts Day "TARANG – 2026" was successfully organized by NEXORA, College Union, on 12th Juneand13th June. The two-day event celebrated creativity, talent, and cultural diversity, providing students with an excellent platform to showcase their artistic abilities.



WORLD DAY AGAINST CHILD LABOUR

World child labour day celebration by 6th semester students at LLM hospital (J3 ward) on 18-06-2026



WORLD YOGA DAY CELEBRATION

World Yoga day celebration was conducted on 20.06.2026, at college auditorium by NSS in association with IQAC and SNA.



Robotic Surgery Demo at Caritas on 24-06-2026



INSERVICE EDUCATION PROGRAMME

An Inservice Education Programme was conducted by the 6th Semester B.Sc. Nursing students on 25-06-2026 at 6th semester class room. The topic of the program was "Records and Reports".





PULSE POLIO – 2026

The Pulse Polio Immunization Program 2026 was conducted on 28 June 2026 at Government L.P. School, Kidangoor, from 8:00 AM to 5:00 PM. The programme was organized by the 6th Semester Students in association with the Internal Quality Assurance Cell (IQAC) and the National Service Scheme (NSS).





OPERATION TOOFAN INAUGURATION

On 30.06.2026, The Operation Toofan was inaugurated in our college, The program organized by Sradha-Nerkoottam club and LLM Hospital in collaboration with Kerala State Police Department. The resource person is Smt. Binumol P J, Asst. Sub Inspector, Kidangoor.Operation Toofan*:* The Narco Huntis a statewide anti-narcotics campaign launched by the Kerala government on June 2, 2026, to target drug mafias, dismantle trafficking networks, and promote rehabilitation.





Doctors day Celebration at LLM Hospital



Nanavati Max Super Specialty Hospital, Mumbai, Conducted a campus recruitment drive at our college and offered job placements to our graduating students.



KUHS INSPECTION
ON 24-03-2026



KNMC INSPECTION
ON 29-04-2026



Ms. Ashly Annie Varghese, Asst. Prof. attended the skill training program at KUHS.



Sr. Praveena, Asst. Prof. attended the Cirtificate course on Career guidance and mentoring course



Ms. Anajo Jose, Assoc. Prof. served as a KUHS Inspector at LF College of Nursing, Angamaly.



Sr. Amal, Assoc. Prof. served as a KNMC Inspector at Mercy College of Nursing, Pothy.



New Members



Ms. Aiswarya Mohan
Lecturer



Ms. Anjaly R Nair
Tutor



Ms. Ashly Annie Varghese
Assistant Professor



Ms. Sony Thomas
Associate Professor



Sr.Susy
Tutor



Ms. Neethu Mariam Joseph
Lecturer



Ms. Sreelekha mol S M
Office Assistant

EXAMINATION RESULTS 100%

8th semester Bsc. Nursing university examination



5th semester Bsc. Nursing university examination





PICNIC TO WONDERLA



Our 3rd semester students went on a trip to wonderla on 08/05/2026



Sr. Starly and Sr. Praveena celebrated their Golden Jubilee and Silver Jubilee by cutting the cake.



Birthday Celebration of Staff



