

# CAMPUS PULSE

## Official News Letter

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## CELEBRATIONS

### *ONAM CELEBRATION*

Onam 2025 was celebrated by the College on September 1. The students and teachers were addressed by Principal Dr. Sr. Bertha Pereppadan. Onam message was given by Sr. Gertrude and Sr. Teena, vice Principals. Various games were conducted for students and faculty followed by Ona Sadhya the programme came to end by 3 pm.





### *TEACHERS DAY CELEBRATION*

The Teacher's Day celebration at Holy Cross College on September 2025, was organized by the college union. The cultural program featured dance and music performances by the faculty, while students from various batches presented a range of activities to honor their teachers. The day was memorable for both teachers and students.





- **GRADUATION DAY**



- **INTERNATIONAL YOGA DAY-2025**

International Yoga Day is celebrated globally on 21 June 2025, millions of people around the world came together to celebrate the 11th United Nations' International Day of Yoga, embracing the theme "Yoga for One Earth, One Health." The theme was declared by Prime Minister Narendra Modi, who informed that the idea is to make the entire world healthy with yoga.





## DEPARTMENTAL ACTIVITIES

### • **RESEARCH DAY CELEBRATION**

Research day program was conducted in Holy Cross College of Nursing, Kottiyam on September 2025 at 8.30am to 12.30pm. the program was organized by 8<sup>th</sup> Semester B.Sc. Nursing students and 5<sup>th</sup> semester students. The program was delighted with the presence of our college Principal, Dr. Sr. Bertha Pereppadan, Vice Principal's Sr. Gertrude and Sr. Teena, resource person, HOD's of all departments Sister's and teachers.



### • **Menstrual Hygiene Day**

Obstetrics & Gynecology nursing department organizes a menstrual cup demonstration, yoga demonstration and poster presentation on 28/05/25 at Holy cross College of Nursing, Kottiyam.





- WORLD HEART DAY***

On September 28, 2025, as part of World Heart Day celebration, 8th-semester BSc Nursing students from Holy Cross College of Nursing, Kottiyam, conducted a Walkathon on heart health awareness at Holy Cross Hospital, Kottiyam. The event was coordinated by Sr. Sajini (Assistant Professor). The session, held from 7.30am to 12.30pm, provided valuable insights and practical information to help patients manage and prevent heart-related conditions.



- MEDICAL CAMP***

The Medical camp was conducted with the coordination of Holy Cross Hospital, 'Kottiyam, Holy Cross College of Nursing Kottiyam and on 26.6.25 to 28.6.25. Medical camp mainly focusses providing free medical care to patients with ortho and gynecological problems. The Medical camp was started at 8.00 am and ended at 3.00 pm.

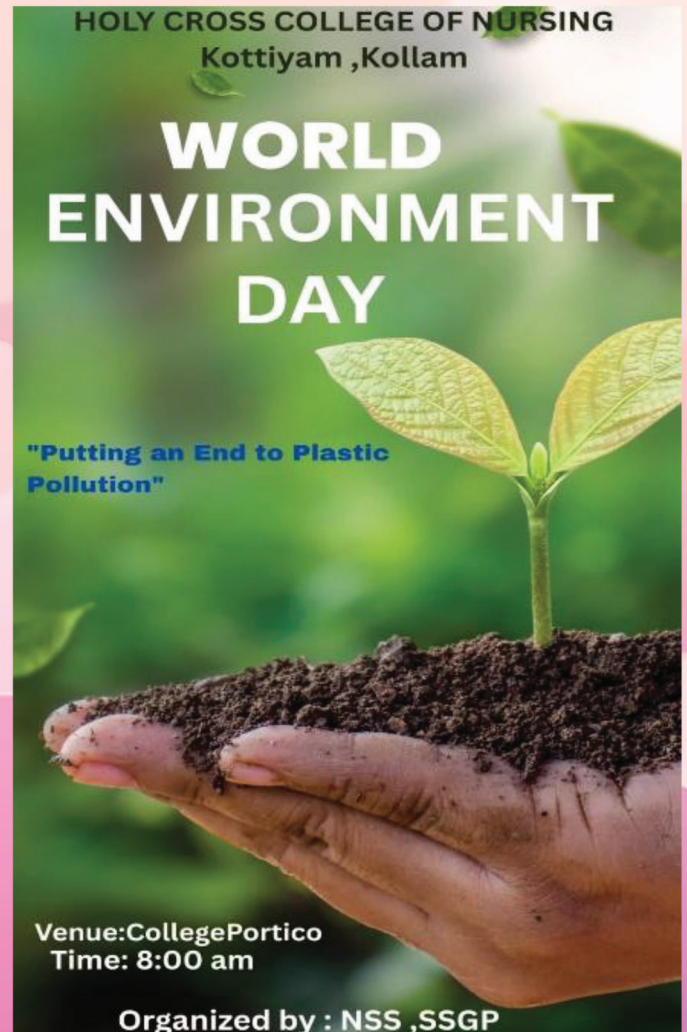




## NSS ACTIVITIES

### • **WORLD ENVIRONMENT DAY**

The NSS unit of Holy Cross College of Nursing, Kottiyam organizes a World Environment Day program on 05/06/25 at Holy cross College of Nursing, Kottiyam. The programme aimed to create awareness about the importance of protection of our environment and ill effects of plastic usage in our daily life thorough skit and theme dance based on the theme of “Beat Plastic Pollution”. They Conducted the quiz competition regarding environmental day and planted 10 trees in the campus.



### • **WORLD BLOOD DONOR DAY**

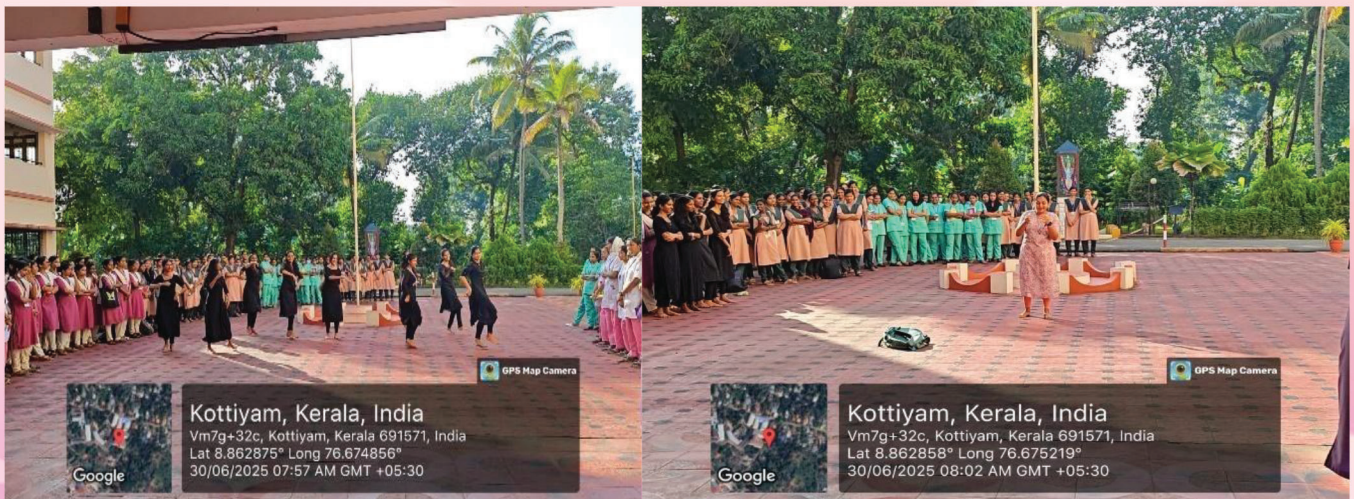
The NSS unit of Holy Cross College of Nursing, Kottiyam organizes a **World Blood Donor Day 2025** in collaboration with Holy Cross Hospital, Kottiyam. The event aimed to raise awareness about the importance of voluntary blood donation and to honor the selfless individuals who contribute to saving lives through their donations.





- INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING**

The NSS unit of Holy Cross College of Nursing organized a meaningful and impactful event on June 30, 2025 at College Portico to raise awareness among students about the harmful effects of drug abuse and to promote a drug-free lifestyle. The theme of the year, "People First Stop Stigma and Strengthen Prevention", was emphasized throughout the event.



- OLD AGE HOME VISIT**

The NSS unit of Holy Cross College of Nursing, visited the Karunalayam, Psychosocial Rehabilitation Centre on 3rd July 2025. The visit aimed to enhance our understanding of the psychosocial aspects of mental health care and rehabilitation services provided in the community setting.





- SCHOOL HEALTH PROGRAMME**

The NSS unit of Holy Cross College of Nursing, we conducted a School Health Programme at Nithya Sahaya Matha School on 5th July 2025. The programme aimed to promote health awareness and early detection of health issues among school-aged children, while also addressing pressing adolescent health concerns.





## AWARDS AND ACHIEVEMENTS

On 29.07.2025 our college was accredited with A+ Grade in IQAC from KUHS, Thrissur



## • DOCTORATE IN NURSING

Dr. Sr Teena Kavungal





- **BEST TEACHER**



Mr. Chikku S

- **UNIVERSITY TOPPERS**





• *SNA zonal Arts winners*





**FUN DAYS**

• STAFF TOUR





## STUDENTS TOUR



**SECOND SEMESTER**

**FOURTH SEMESTER**





### ALUMNI CORNER

Holy cross College of Nursing was started in 2004. Thousands of students had completed their degree and master degree from this institution. We have alumni working all over the world. The students are conducting alumni meetings on both online and offline. Global students meetings were also conducted through online.

Choosing Holy Cross College of Nursing (HCCN), Kottiyam, was one of the most formative decisions of my life. This institution is more than just a college; it is a sacred space where the art of healing is taught with unmatched academic rigor and a profound sense of Christian service. My years here prepared me not only to be a competent nurse but to be a compassionate human being and moreover to discover my Vocation to sisterhood.

My time at Holy Cross College of Nursing instilled in me the core values of selfless service, dedication, and integrity. It gave me the confidence and competence to excel in any healthcare setting across the globe. For any aspiring nursing professional seeking an institution that prioritizes both clinical excellence and character formation, Holy Cross College of Nursing, Kottiyam, stands head and shoulders above the rest.

I am eternally grateful for the foundation I received here. It truly prepares one for a life of meaningful service.

