

MTIN CONNECT



JANUARY 2025

Editorial



Dr. Anil Sharma
Principal,
MTIN, Charusat

Dear Faculty, Students, and Readers,

It is with immense pride and excitement that I present to you the inaugural edition of the *MTIN Monthly Bulletin*—a platform dedicated to fostering knowledge, innovation, and collaboration in the field of nursing education and practice. This initiative marks a significant milestone for our institute as we strive to enhance academic engagement and professional growth within our community.

Nursing, as a profession, continues to evolve with advancements in healthcare, technology, and patient-centered care. As educators and students, it is imperative that we stay informed and adapt to the changing landscape of healthcare delivery. This bulletin will serve as a window to share institutional achievements, student and faculty contributions, research insights, and the latest developments in nursing science.

At *MTIN*, we are committed to nurturing excellence in nursing education and practice. Our vision is to prepare competent, compassionate, and skilled nursing professionals who will lead the way in patient care and healthcare innovation. Through this publication, we aim to celebrate our collective efforts, recognize outstanding contributions, and provide a platform for learning and inspiration.

I encourage all faculty and students to actively contribute to this bulletin, making it a dynamic and engaging space for intellectual exchange. Let us work together to make this publication a valuable resource for our institute and the nursing fraternity at large.

Wishing you all success and looking forward to a fruitful journey ahead!

With best regards,
Dr. Anil Sharma
Principal,
Manikaka Topawala Institute of Nursing

14th Convocation



Congratulations!

Dr. Rameshwari Zala
Doctor of Philosophy
(Nursing)

Congratulations!

Ms. Hetvi Christian
Gold Medalist
B.Sc. Nursing



COMMUNITY EXTENTION INITIATIVES



RAISING AWARENESS THROUGH DRAMA: MOBILE ADDICTION IN CHILDREN

On 7th January 2025, 6th semester B.Sc. Nursing students organized an insightful and engaging role play on "Mobile Addiction in Children" at the Pediatric Department of GMERS, Vadodara.

The performance was filled with humor, information, and knowledge, it highlighted both the benefits and risks of mobile usage while offering preventive measures. The event was well-received by parents, nursing in-charge's, staff nurses, and guardians, who appreciated the students' efforts in spreading awareness through an interactive and impactful approach.

EMPOWERING HEALTHCARE WORKERS THROUGH EDUCATION

On 8th January 2025, in-service education sessions on Family Planning Services and NVBDCP was organized for healthcare professionals in community healthcare setting to enhance essential knowledge and skills. Led by Ms. Sonal Rohit and Ms. Linus Khristi, MSc Nursing students specializing in Community Health Nursing, the sessions emphasized continuous learning as a key to improving public health.



BREAKING THE SILENCE: MEN'S MENTAL HEALTH AWARENESS PROGRAM

On January 27, 2025, 3rd Semester P.B. B.Sc. Nursing students organized a Mental Health Awareness Program on Breaking the Silence: Focusing on Men's Mental Health at Dr. N. D. Desai Hospital, Nadiad. The event emphasized the importance of addressing mental health issues among men, reducing stigma, and promoting early intervention. Interactive sessions and discussions highlighted strategies for self-care and emotional well-being.





ACADEMIC ENDEAVORS

Exploring Advanced Surgical Techniques: Dry & Wet Lab Visits

On 8th – 9th January 2025, 2nd-year GNM Nursing students from Manikaka Topawala Institute of Nursing attended hands-on sessions at Muljibhai Patel Urology Hospital, Nadiad. Led by Dr. Ankit Pal, they explored laparoscopic and robotic surgery in Dry and Wet Labs, enhancing their skills, ethical understanding, and exposure to advanced medical technologies.

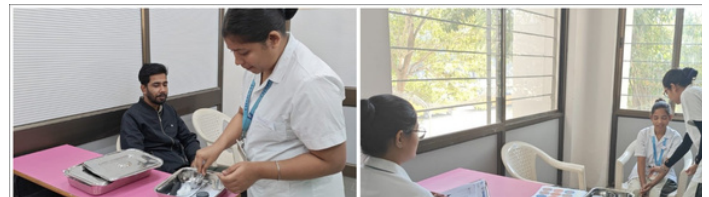


Understanding Mental Health Expert Session with Dr. Bernhard Baune

On 16th January 2025, Dr. Bernhard Baune led an insightful session at Dinsha Patel College of Nursing on mental health challenges like depression, anxiety, and exam phobia. Students of M.Sc. Nursing and P.B.B.Sc. Nursing engaged in discussions, gaining practical strategies to manage stress. The session provided valuable knowledge and emotional support.

Enhancing Clinical Skills OSCE and Neurological Examination Workshop

On 28th January 2025, M.Sc. Nursing (Mental Health) students conducted an OSCE for Third year GNM students, enhancing their clinical skills. A workshop on neurological examination covered cranial nerves, sensory, and motor assessments, fostering peer learning and professional growth.



Expert Lecture on Colostomy Care Enhancing Nursing Knowledge

On 28th January 2025, B.Sc. Nursing 4th semester students attended an expert lecture on Colostomy Care delivered by Ms. Nishita, Head Nurse at GCRI, Ahmedabad. The session covered colostomy bags and advanced care techniques, providing valuable insights for their nursing practice.





INITIATIVES AT NURSE-LED GERIATRIC CARE CENTRE



NCCG -CAA MTIN CHAPTER

On January 20, 2025, CAA-MTIN and NGCC hosted a **Happiness Program** at "Dikra nu Ghar" in Nadiad, with alumni Ms. Jahnvi and Mr. Kamal spreading joy among the elderly with activities and engagement. The event highlighted the power of compassion and connection.

On January 6th, 2025, CAA-MTIN and NGCC joined forces to host a **Stress Management Camp** at the **Maru Ghar Old Age Home** in Nadiad.

This initiative aimed to enhance well-being through mindful practices.

With active participation from our alumni, the event was a beautiful reminder that "the best way to predict the future is to create it"—fostering resilience and calm.

NCCG -CAA MTIN CHAPTER



NGCC - NSS

NGCC MTIN participated in the annual NSS camp 2025 on 20th January at Laval Village.

The team conducted comprehensive geriatric assessments for the adults of 50 years and above. The assessments included complete physical assessment, cognitive assessments and also assessing the quality of life. The older adults were offered nutritional counselling, fall prevention counselling and medication guidance.



EXTRACURRICULAR ENGAGEMENTS



The Nursing Badminton Premier League (NBPL) 2025, organized by MTIN, took place on 17th and 18th January 2025, with 300+ participants from nursing colleges and hospitals across Gujarat showcasing their skills and sportsmanship. This exciting event not only promoted physical fitness but also fostered camaraderie among nursing students, providing a platform for them to excel in athletic competition.



MTIN hosted a vibrant Fresher's Celebration, welcoming new students with games, dance performances, and joyful interactions. The event fostered bonds among fresher's, seniors, and faculties, marking the start of an exciting academic journey.

Student Reflections!!



Journey Toward Mental Health Nursing: Serving with Compassion and Purpose

My dream of pursuing nursing as a profession began long ago. As a child, watching my parents serve in an NGO inspired me to want to serve people as well. As a student, I always gave my best to the theoretical aspects of my studies, but nothing truly prepared me for the real-life experience of serving patients. During the COVID-19 pandemic, I was posted for 15 days in a COVID ward. Since patients' relatives were not allowed to stay with them, I noticed that many patients' mental health was affected because they lacked someone to listen to them. As a student, I took it upon myself to spend at least five minutes with each patient, talking and listening to them. Those moments were a source of joy for me, as I realized the significant impact I could have on someone's life, even as a student. Now, having the opportunity to pursue a master's in nursing, I have chosen mental health nursing because I want to make a positive impact on individuals by providing mental health services, raising awareness of psychiatric issues, and helping patients and their loved ones better understand mental health and coping mechanisms. Mental health postings have brought unique challenges. Unlike other areas of the hospital I have worked in, mental health care requires building strong therapeutic relationships with patients to understand their issues. Some days, patients would talk continuously without any prompting, while on other days, they wouldn't feel like speaking at all. It was challenging to witness how mental health conditions could entirely alter a person's behavior. The most important lesson I have learned through this experience is the importance of prioritizing mental health.



Vasava Rachel, 1st Semester, M.Sc. Nursing Student

Finding My Calling: A Path from Science to Nursing and Obstetrics

Choosing a stream after the 10th standard can be challenging, as many of us lack the maturity to identify our true interests and skills. Often, our choices are influenced by others' opinions, such as career prospects or peer decisions. I, too, initially chose science with the dream of becoming a doctor. Like many students, I thought I was on the right path toward pursuing MBBS. In the 11th standard, I realized the journey was more demanding than I had imagined. Despite the challenges, I explored nursing as a career. Initially, I had a limited understanding of nursing, but as I delved deeper into my studies, I realized its profound importance in healthcare. My decision felt validated during my first clinical posting, where I assisted a patient in mobilizing. The gratitude in their eyes gave me a sense of fulfillment, reaffirming that I had chosen the right path. This experience highlighted the impact nurses have on patients' lives and made me proud of my profession. My interest in obstetrics began during a clinical posting in my bachelor's program. Interacting with pregnant women and monitoring the fetal heart sound for the first time was a deeply moving experience. Hearing the baby's heartbeat filled me with awe at the miracle of creation and the bond between a mother and her child, sparking my passion for obstetrics and gynecology. Now, as I pursue my master's degree in Obstetrics and Gynecology, I feel immense joy and fulfillment when mothers say, "Sister, stay with me during my delivery." Their trust and comfort inspire me every day. I remain amazed by the miracle of life and eager to deepen my knowledge. I am grateful for the excellent exposure and support provided by my institute, which has been instrumental in nurturing my passion for this field.



Trupti Nirmla, 3rd Semester, M.Sc. Nursing Student

ALUMNI CONNECT

CAA-MTIN CHAPTER HOSTS 12TH ALUMNI MEET RECONNECTION & CELEBRATION!

On 24th January 2025, the CAA-MTIN Chapter held its 12th Alumni Meet, uniting 150+ alumni for networking, games, and nostalgia. The event celebrated achievements, shared updates, and strengthened lifelong bonds within the MTIN, CHARUSAT community.



ECHOES OF OUR ALUMNI

MS. MEGHAL JANI

Clinical Care Manager, Bupa Aged Care,
Victoria, Australia

B.Sc. Nursing Batch 2009-2013

My experience as an alumnus of the Manikaka Topawala Institute of Nursing has played a crucial role in shaping my career in nursing. The education I received at the institute gave me a strong understanding of both nursing theory and practical skills. The faculty members were always supportive and dedicated, helping me build a solid foundation in patient care and medical knowledge. The hands-on training I received through clinical rotations gave me the confidence and ability to handle real-life situations in a healthcare setting.

One of the most valuable aspects of my time at the institute was the focus on compassionate care. We were taught the importance of treating patients with empathy and respect, which has stayed with me throughout my career. The lessons on ethical nursing practices and patient-centered care have guided me in making better decisions and understanding the needs of my patients more deeply. These values are something I carry with me every day in my work as a nurse.

The connections I made at Manikaka Topawala Institute of Nursing also played a significant role in my career growth. The institute's network of alumni and its partnerships with hospitals provided me with valuable opportunities to connect with experienced professionals and mentors. Their guidance helped me navigate my early career and advance in the field. Currently I am working as Clinical Care Manager and Thanks to the solid education and support I received, I feel confident in my ability to grow and succeed in nursing, whether it's in patient care or leadership roles.

POPULATION AND HOUSEHOLD INDICATORS: A SNAPSHOT OF ANAND DISTRICT, GUJARAT

The demographic and household data from the National Family Health Survey (NFHS-5) for Anand district, Gujarat, provides an insightful overview of the region's socio-economic and healthcare progress while highlighting persistent challenges. Educational access has improved, with 77.7% of females aged six years and above having attended school, though gender disparities remain evident with a population sex ratio of 962 females per 1,000 males and a lower birth sex ratio of 851 females per 1,000 males. Infrastructure advancements include access to electricity (97.9%) and improved drinking water sources (99.6%), but only 67.8% of households have improved sanitation, and clean cooking fuel use is limited to 43.1%.



MR. ANKIT CHRISTIAN,
ASSISTANT PROFESSOR,
MTIN, CHARUSAT

Among married women aged 15-49 years, contraceptive use stands at 51.5%, with an unmet need for family planning at 13.9%, while maternal health services show promise with 90.3% of mothers receiving postnatal care within two days of childbirth. Child health data reveals 77% of children aged 12-23 months are fully vaccinated, but malnutrition persists with 38.4% of children under five stunted and 28.6% wasted, alongside a concerning anemia prevalence of 78.4% among children aged 6-59 months. Despite notable advancements, addressing malnutrition, gender imbalances, and unmet family planning needs remains vital for equitable development in the district.

IMPORTANCE OF EMOTIONAL FREEDOM TECHNIQUE (EFT) IN NURSING



DR. DEEPAK KRISHNAMURTHY,
ASSOCIATE PROFESSOR,
MTIN, CHARUSAT

Emotional Freedom Technique (EFT), or "tapping," is a mind-body therapy combining acupressure and cognitive techniques to reduce stress and emotional distress. In nursing, EFT plays a crucial role in enhancing both patient care and healthcare provider well-being.

For Patients:

- Stress and Anxiety Reduction: Helps patients manage anxiety related to illness, hospitalization, and medical procedures.
- Pain Management: Addresses the emotional components of pain, potentially reducing discomfort.
- Emotional Resilience: Supports patients in coping with trauma, chronic illness, and mental health struggles.

For Nurses and Healthcare Providers:

- Burnout Prevention: Mitigates stress, compassion fatigue, and emotional exhaustion, improving resilience.
- Improved Focus and Emotional Regulation: Enhances patient interactions by promoting mindfulness and presence.
- Job Satisfaction: Supports mental well-being, leading to greater workplace fulfillment and reduced turnover.

Holistic Nursing and Patient-Centered Care:

- Aligns with holistic nursing by integrating emotional and psychological well-being into patient care.
- Offers a non-invasive, cost-effective self-care tool for both nurses and patients.

By incorporating EFT into nursing practice, healthcare providers can enhance emotional well-being, improve patient outcomes, and foster a more compassionate, resilient healthcare environment.

MTIN CONNECT



*Shaping the future of
Nursing with Knowledge,
Compassion, and Innovation.*