

## ANNUAL REPORT 2025-2026

### INTERNATIONAL NURSES DAY-2025

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In commemoration of the INTERNATIONAL NURSES DAY, on May 12th 2025, Paavai College of Nursing and Research organized various events such as Speech, Drawing, Poster presentation, and Logo designing competitions. The Principal Dr.Hepsi Rachel Chellarani addressed the students on the theme “Our Nurses. Our future. Caring for nurses strengthens economies”

TamilNadu Nurses and Midwives Council organized a special webinar for empowering students. The Organizer Prof Dr.S.Ani Grace Kalaimathi, RN,RM,Ph.D., Registrar, TamilNadu Nurses and Midwives Council, Chennai and Expert Speaker Mr. T. Samuel Ravi, RN,M.Sc(N), Former head Emergency Nursing, Trauma Centre Coordinator, CMC, Vellore presented a topic on “ Hospital preparedness during the war cloud – Role of the Nurse”. He focused on the issues and challenges of hospital preparedness during the war cloud time and role of nurses. 180 students and 10 faculties of Paavai College of Nursing and Research attended the webinar on 12.05.2025 from 03:30 to 04:30pm through Zoom platform. The topic was informative and beneficial for the students and the faculty.



### MEDIFINIX'25 NATIONAL CONFERENCE

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Paavai Paramedical Institutions organized a Two-Day National Conference on “Oncology – A Multidisciplinary Approach” on 20th and 21st June 2025 at Vivekananda Arangam, Namakkal. The inaugural session was presided over by Shri. CA. N. V. Natarajan, Chairman, Paavai Educational Institutions, with Dr. A. Muruganathan, Director, Physician

Research Foundation (API), Mumbai, as Chief Guest. The traditional kuthuvilakku was lit by Smt. Mangai Natarajan, Correspondent, along with the Principals of Paramedical Colleges.



Dr. Muruganathan's keynote stressed on advancements in oncology such as precision medicine, immunotherapy, and emphasized the crucial role of paramedical professionals, early cancer detection, and palliative care.

The conference included parallel scientific sessions across:

Paavai College of Nursing and Research, Paavai College of Pharmacy and Research, Paavai Institute of Allied Health Sciences & Paavai Physiotherapy Science College

Renowned experts delivered lectures on topics such as head & neck cancer, nursing in chemotherapy, palliative care, immune checkpoint inhibitors, pharmacometrics, physiotherapy in oncology, and cancer screening.

Competitions:

Poster and Oral Presentations were conducted for all three colleges with enthusiastic participation:

- Nursing & Research: 24 participants from 5 institutions
- Pharmacy & Research: 21 participants from 14 institutions

- Allied Health & Physiotherapy: 14 participants from 9 institutions

Cash awards were presented to winners in each category. The event witnessed participation from 1665 delegates representing 28 institutions across Tamil Nadu.

The conference concluded with the Vote of Thanks by Ms. Sneha Saji George and the National Anthem.

## **WORLD BREASTFEEDING WEEK 2025: PROMOTING AWARENESS AND SUSTAINABLE SUPPORT**

Paavai College of Nursing and Research, Namakkal, organized various health awareness activities as part of World Breastfeeding Week from 01.08.2025 to 07.08.2025. The programs included health education sessions, a nutritional exhibition, poster presentations, role plays, and the distribution of informative leaflets at different hospitals and community areas.

A health talk was delivered by the nursing faculty and students on the theme of world breastfeeding week 2025 by WHO “Prioritize Breastfeeding – Create a Sustainable Support System”. The event was inaugurated by Dr. Amudha, M.B.B.S., Block Medical Officer, Primary Health Centre, Vinayatheertha Puram, Namakkal. Approximately 60 students participated in the program.



## GUEST LECTURE ON "ORGAN DONATION"

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Paavai College of Nursing and Research organized a guest lecture on "Organ Donation" on 9th August 2025. The distinguished guest speaker was Mr. Balasakthi, Organ Transplant Unit Coordinator, Government Medical College and Hospital, Namakkal.

He explained in detail the process of organ donation and its legal aspects. The session was highly interactive and informative. Around 120 students participated and gained valuable knowledge regarding organ donation.



## STUDENTS SECURE FIRST PRIZE AT TAMIL NADU STATE STUDENTS NURSES ASSOCIATION BIENNIAL CONFERENCE

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Students of Paavai College of Nursing and Research, Namakkal, achieved a significant milestone at the 31st Tamil Nadu State Students Nurses Association of India Biennial Conference, conducted by the Trained Nurses Association of India (TNAI), Tamil Nadu State Branch. The conference was held at GTN College of Nursing, Dindigul, from 14.08.2025 to 16.08.2025.

In the Poster Presentation Competition, Ms. Sandra Prakash (VI Semester, B.Sc. Nursing) and Ms. Sathya (IV Year, B.Sc. Nursing) secured the First Prize at the State Level for their poster titled “First Aid and Basic Nursing Procedures – How to Perform CPR.”

By winning the first prize, they earned the honor of representing the Tamil Nadu State Branch at the National Level.



## **AN INTERNATIONAL CONFERENCE ON "GLOBAL PERSPECTIVES ON DISORDERS OF THE CENTRAL NERVOUS SYSTEM: CHALLENGES AND BREAKTHROUGHS"**

Paavai Paramedical Institutions organized a one-day International Conference on “Global Perspectives on Disorders of the Central Nervous System: Challenges and Breakthroughs” on 28th August 2025 at Ananda Arangam.

The inaugural ceremony was presided over by Shri. CA. N. V. Natarajan, Founder and Chairman, Paavai Educational Institutions. The Chief Guest, Prof. Dr. C. S. Vishnu Prasath, MS (Orthopaedics), DNB (Orthopaedics), FNB (Spine Surgery), Consultant Spine Surgeon, SKS Hospital, Salem, graced the occasion. Smt. Mangai Natarajan, Correspondent of Paavai Educational Institutions, along with the Principals of the Paramedical Colleges, lit the traditional

Kuthuvilakku. The welcome address was delivered by Ms. Sneha Saji George, III Year B.Sc Nursing student.



The Chief Guest in his address, inspired healthcare professionals by sharing video clippings of his life journey and experiences in the field of spine surgery. He highlighted the recent advancements in spinal care and emphasized the indispensable role of paramedical professionals including nurses, physiotherapists, pharmacists and physician assistant in the holistic management of central nervous system disorders. He also stressed the need for improving accessibility and affordability of screening services, particularly in rural and underserved areas, and underscored the importance of training health professionals in screening protocols and patient education. The conference prelude was delivered by Dr. Hepsi Rachel Chellarani, Principal, Paavai College of Nursing and Research, Namakkal. She has mentioned that 15 colleges from Tamil Nadu and Pondicherry attended the conference with a total of 1500 participants

### **ONAM CELEBRATIONS'25**

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Paavai Institutions celebrated Onam with great enthusiasm on 3rd September 2025 at Nightingale Hall. The event was graced by the Chief Guest, Mrs. Mangai Natarajan,

Correspondent of Paavai Educational Institutions, who addressed the gathering and conveyed her warm Onam greetings to everyone present.

As part of the programme, Ms. Sneha George shared the significance of Onam, highlighting its cultural richness and the message of unity and prosperity. A short video presentation accompanied her talk, providing visual insight into the traditions of the festival.



Students actively participated in the celebrations by creating a beautiful Athapoo Kolam, showcasing vibrant floral designs that symbolized harmony and joy. The cultural spirit of the occasion was further enhanced by lively Onam dance performances and melodious Onam songs presented by the students.

### **AWARENESS PROGRAMME ON DIGITAL ADDICTION AND MENTAL HEALTH**

The Department of Psychiatric Nursing organized a guest lecture in observance of World Mental Health Day on 10th October 2025 at Nightingale Hall, Paavai College of Nursing and Research, Namakkal. The guest speaker for the event was Dr. Indhumathi C, District Psychiatrist, District Mental Health Programme, Namakkal District.

Dr. Indhumathi delivered an insightful session on the topic “Health and Behavioural Impacts of Digital Addiction.” She elaborated on the concept of digital addiction and emphasized the importance of self-monitoring digital device usage. She also highlighted the negative effects

of excessive digital engagement on various aspects of life and discussed effective strategies to manage and overcome digital addiction.



Around 180 students, along with all faculty members, actively participated in the programme, making it an informative and enriching session for all attendees.

### **FIELD VISIT TO CSI BALAR GNANA ILLAM**

Paavai College of Nursing and Research, Department of Mental Health Nursing, organized a field visit on 16.10.2025 to CSI Balar Gnana Illam, a home for mentally challenged individuals in Hasthampatti, Salem. The visit was part of the third-year Mental Health Nursing curriculum. A total of 57 students and 4 staff members participated in the visit.



During the visit, the students conducted interactive and enthusiastic games and presented gifts to the winners. Cultural programmes were performed for the children, and eatables were also distributed to them. This activity provided the students with valuable practical exposure while bringing joy to the residents of the home.

## **INDUCTION PROGRAMME FOR THE I YEAR STUDENTS OF PARAMEDICAL**

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A Five-Day Induction Programme for first-year paramedical students was conducted from 01.11.2025 to 06.11.2025 at Pragathi Hall, benefiting 360 students through 17 informative sessions. Shri CA N.V. Natarajan, Chairman, addressed students on “Goal Setting,” emphasizing SMART goals, discipline, and vision for the future. Dr. K. Selvi, Dean Academics, introduced “Paavai Culture,” highlighting institutional values and discipline. Mrs. C. Jayalakshmi guided students on “Transition from School to College,” stressing adaptability and mental preparedness.



Dr. R.R. Krishnamurthy encouraged research orientation, while Dr. N. Ezhili explained “Biomimicry” and its real-life applications. Dr. M. Premkumar motivated students with “Involve to Evolve,” focusing on active participation. Dr. Hepsi Rachel Chellarani trained students in “Life Saving Skills,” including CPR and first aid. Dr. D. Banumathy conducted a session on stress management, promoting positivity and relaxation.

Dr. V. Subburam emphasized “Time Management,” and Dr. J. Murshitha Banu highlighted communication skills under “Be Fluent.” Sessions on “Career Opportunities” provided insights into diverse healthcare roles. ICT tools for learning, examination systems, and placement guidance were also covered by various experts. Foreign language trainers stressed global opportunities, and a yoga session promoted physical well-being. Overall, the programme effectively equipped students with academic, professional, and life skills for their future careers.

## **AWARENESS CAMPAIGN ON “DIABETES ACROSS LIFE STAGES” – WORLD DIABETES DAY 2025**

On November 14th, 2025, World Diabetes Day was observed with the theme “Diabetes Across Life Stages” at Minnampalli area, Namakkal. The students, accompanied by staff members Dr. U. Palaniyammal, M.Sc (N)., Ph.D., Mrs. Anjali, M.Sc (N)., and Ms. Pooja, M.Sc (CN), actively participated in creating awareness among the community about diabetes mellitus.



As part of the programme, the students conducted essential health screenings, including blood pressure measurement, blood glucose testing, height and weight assessment, and provided information on maintaining a healthy lifestyle. They also carried out door-to-door health talks,

educating residents on the causes, risk factors, treatment options, diabetic diet plans (one-day meal chart), prevention strategies, and possible complications.

Additionally, the students collected survey data from around 60 individuals to assess the community's awareness and health status related to diabetes. The event successfully enhanced the community's understanding of diabetes across different life stages and emphasized the importance of early detection and preventive care.

### **WORLD AIDS DAY AWARENESS RALLY - 2025**

In commemoration of world AIDS Day 2025, students from Paavai college of Nursing and Research participated in a rally conducted by Government Medical College and Hospital on 03.12.2025. The rally was flagged off by the district collector, Mrs. Durgamorthi, IAS, at Namakkal old GH. The events theme was “Over coming disruption: transforming AIDS response” 60 students from 2<sup>nd</sup> and 5<sup>th</sup> semesters, accompanied by programme coordinator, prepared and distributed placards on AIDS awareness. The rally proceeded for GH, through trichy road and SBI Street and ended at Id GH. The students were really benefited by the programme.



## AN AWARENESS CAMP ON "KUZHANTHAI THIRUMANAM ILLATHA INDIA" (BAL VIVAH MukT BHARAT)

The Social Welfare and Women Empowerment Department, Government of Tamil Nadu, Namakkal, organized an awareness camp on 18.12.2025 at our institution on the theme "Kuzhanthai Thirumanam Illatha India" (Bal Vivah MukT Bharat) to promote the prohibition of child marriage. The event aimed to educate students about the harmful effects of child marriage and to emphasize the importance of girls' education and empowerment.



Students of PCNR took a pledge against child marriage, committing themselves to spread awareness and prevent such practices in their communities.

## LAMP LIGHTING CEREMONY - BATCH OF 2025 - 2026

The lamp lighting ceremony of the 10<sup>th</sup> batch (2025-2026) B.Sc Nursing students of Paavai College of Nursing and Research, Pachal, Namakkal was held on 28<sup>th</sup> January 2025. Dr. Rani Varadaraju M.B.B.S., DNB (OBG)., Founder Chairman & Chief Gynecologist, Arokya Women Center, Salem, IMA State Joint Secretary- Women Doctors Wing, was the chief guest. The programme started with a prayer song. The Ms. Vismi Vinod student of Paavai College of Nursing and Research gave the welcome address. The program was presided over by the chairman of Paavai Group of Educational Institution Shri. CA. N. V. Natarajan who gave the

presidential address. Illuming of the students lamp done by the dignitaries. The nightingale pledge was administered by Dr.Hepsi Rachel Charles, M.Sc., (N), Ph.D., principal, Paavai College of Nursing and Research. The key note address was delivered by the chief guest Dr. Rani Varadaraju M.B.B.S., DNB (OBG)., Founder Chairman & Chief Gynecologist, Arokya Women Center, Salem, IMA State Joint Secretary- Women Doctors Wing. Felicitation was given by the correspondent of Paavai Group of Institutions, Smt. Mangai Natarajan Vote of thanks was delivered by Ms. Sandra Prakash student Paavai College of Nursing and Research.



### **ESTIMATION OF BONE MINERAL DENSITY - MEDICAL CAMP**

Paavai College of Nursing and Research, in association with the Division of Bioscience Research and the Rotary Club of Rasipuram, organized a Bone mineral Density (BMD) Screening Camp on 29/01/2026 at Nightingale Hall, Paavai College of Nursing and Research. As part of the programme anthropometric measurements (height and weight) were recorded, bone mineral density assessment was conducted, and a health education talk was delivered to the participants. A total of 104 participants from five adopted villages attended the Camp and benefited from the screening and health awareness activities



The screening helped in early identification of individuals at risk and provided guidance for appropriate preventive and management measures.

### **WORLD LEPROSY DAY 2026**

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In commemoration of The World Leprosy Day 2026 the students of Paavai College of Nursing and Research, Namakkal, participated in awareness rally conducted by the Government Medical College and Hospital, Namakkal on 30<sup>th</sup> January 2026. The rally was flagged by Dr. R. Gunasekaran, MD., DM., (Cardio)., Dean, Government Medical College Hospital, Namakkal. The theme was “Leprosy is curable, the real challenge is stigma.” During the rally, students created awareness among the public by carrying plug cards with meaningful messages highlighting that leprosy is a curable disease and emphasizing the importance of eliminating social stigma and discrimination associated with it.

The rally aimed to educate the community about early detection, proper treatment, and the need for compassion and inclusion of people affected by leprosy. The active participation of the students contributed significantly to spreading awareness and promoting a positive attitude toward individuals affected by the disease.



## AWARENESS PROGRAMME ON OSTEOPOROSIS

An awareness programme on osteoporosis was successfully organized by the Women Welfare committee of Paavai Engineering College with the aim of creating awareness about bone health and the prevention of osteoporosis among women.

The programme was conducted on 04/02/2026 at Tata hall in Paavai Engineering College. The session was graced by the esteemed Guest speaker Dr. Hepsi Rachel Chellarani, Principle of Paavai College of Nursing and Research who delivered an informative and engaging lecture on osteoporosis.

During the session, the speaker explained the causes, risk factor, signs and symptoms, diagnosis, prevention, and management of osteoporosis. Special emphasis was given to the importance of adequate calcium and vitamin D intake, regular physical exercise, healthy lifestyle practices, and early screening, especially for women. The session also highlighted the role of awareness in preventing fractures and maintaining long term bone health



## WORLD CANCER DAY 2026

In commemoration of The World Cancer Day 2026, students of Paavai College of Nursing and Research conducted an awareness programme at Primary Health Centre, Rasipuram on 04.02.2026.



The programme aimed to create awareness among the general public through health education and chart presentations. The theme of the event was “United by Unique” Campaign. Students from the 5th and 7th semesters actively participated in the awareness programme. Placards highlighting cancer awareness were prepared and displayed, and relevant information was explained to the public. The students were highly benefited by the programme, which helped to enhance knowledge and awareness about cancer among the general public.

## **AWARENESS SESSION ON ATAL VAYO ABHYUDAY YOJANA (AVYAY) AND SAPSRC**

An awareness programme on Government Welfare Schemes, namely Atal Vayo Abhyuday Yojana (AVYAY) and State Action Plan for Senior Citizens (SAPSRc), was conducted at Paavai College of Nursing and Research, Namakkal, by the Social Welfare and Women Empowerment Department, Government of Tamil Nadu on 05.02.2025. The programme was led by a team of six resource persons who provided detailed information regarding the objectives, benefits, eligibility criteria, and application procedures of the schemes, with special emphasis on the welfare, healthcare support, and social security measures available for senior citizens and vulnerable population.



The session aimed to create awareness among B.Sc. Nursing students, faculty members, and supporting staff, to promote social responsibility and community involvement among future healthcare professionals. The programme included interactive discussions and a question and answer session, which facilitated better understanding and active participation. The students who won the quiz competition were awarded with shields.

### **WEBINAR ON "TELE MANAS - AN OVERVIEW"**

The Trained Nurses Association of India (TNAI), Tamil Nadu State Branch, organized a webinar on "Tele MANAS – An Overview" on 17 February 2026 from 11:00 AM to 12:00 PM. The objective of the webinar was to create awareness among nursing professionals about tele-mental health services and their importance in improving accessibility to mental health care.



The guest speaker for the session was Mr. V. Tamilpulavendran, Nursing Tutor at the National Institute of Mental Health and Neurosciences (NIMHANS), who is associated with the National Apex Coordinating Centre of Tele-MANAS.

During the webinar, the speaker explained the concept, objectives, and functioning of Tele-MANAS (Tele Mental Health Assistance and Networking Across States), a national initiative of the Ministry of Health and Family Welfare, Government of India. He highlighted that the service provides 24/7 mental health support through a toll-free helpline, enabling people to access psychological counselling and guidance from trained professionals.

Our students actively participated in the webinar. The session concluded with an interactive discussion and clarification of participants' queries.

### **PAAVAI NURSING STUDENT RECEIVES ILAM KAVI AWARD AT CHENNAI**

Miss Kanmani, a V Semester B.Sc. Nursing student of Paavai College of Nursing and Research, was honored with the ILAM KAVI Award presented by ARAM VIRUHUGAL.



The award was presented by renowned director K. Bhagyaraj at a ceremony held in Chennai on 18th February 2026.

## ASTRA 2026

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A two day intra-collegiate cultural extravaganza was organized by Paavai Educational Institutions under the student activity forum AURA and SPARISM on 26.02.2026 and 27.02.2026 for Engineering students headed by Director Student Affairs.

Director Student Affairs cum ASTRA Convener Ar. Avanti Natarajan Inaugurated Astra'26 and welcomed the gathering. In her welcome and presidential speech, she stated a decade of ASTRA has created a platform for the Paavaians to explore their inner potentials and become achievers.



In Astra'26, Engineering students of Paavai Institutions were grouped as four teams namely Paavai Warriors, Paavai Troopers, Paavai Sentinels and Paavai Crusaders. She stated that Astra'26 serves as a platform to improve the student's skills, leadership qualities, organizational behavior and cultural activities. She also added that more than being a normal cultural fest, it will give the students some good experiences to shape their creativity and talents. She included that these type of cultural fest will encourage and motivate younger minds to overcome fear and hesitation. Prelude for ASTRA'26 was given by Ms. M.Preethi, First Year MBA and Mr. T.Naren, First Year B.Tech. (IT).

ASTRA '26 was designed with a total of 60+ grand events grouped under 12 categories. In Music category, Voice of Astra event, In Dance category, Solo – Classical event, In Dramatics category, Monologue, Mime [Boys], Mime [Girls], Still- Sirppam, Classics – Reliving at 60 -70 events, In Art Attack category, Street Art (Mega Rangoli), Chalk art Pattern, T shirt Painting, Collage, Fruit|Veg Carving, In Design category Card Board Furniture Design, Fashion Runway (Boys), Fashion Runway (Girls), Designer of Newspaper dressing, In Media category, Photogram, Wrapper – Redesign, Prompt Engineering Battle, In Lets Talk category Ad-zap, Shipwreck, JAM, In Tamil category Pattimandram, In Adventure category Checklist In Sports and Games category Kabadi (Boys), Kho-Kho(Boys), Kho-Kho(Girls), Volley Ball (Boys), Volley Ball (Girls), T-20 Cricket events were conducted to prove students' strength and unity in this competitive cultural environment

### **TUBERCULOSIS AWARENESS PROGRAMME- POSTER PRESENTATION COMPETITION 18.03.2026**

On 18th March 2026, the Continuing Medical Education (CME) program on Tuberculosis Awareness, “Every Breath Counts – TB Unmasked”, was held at Government Medical College and Hospital, Namakkal. As part of the event, a Poster presentation competition was conducted with the theme “Yes! We can end TB – Led by Countries, Powered by People.”

Students from Paavai College of Nursing & Research actively participated in this event. A Total No. of 26 teams from several colleges, 7 teams represented our college with great enthusiasm and dedication.



Our students participated in poster presentation competition Among 7 nursing colleges from Namakkal District and brought pride to our institution by securing prizes,

- Second Prize was awarded to Ms Nithyasri G and Ms Vidhyadharshini J – V Semester
- Third Prize was awarded to Ms Anwitha V P and Ms Jones Kaviya T – V Semester



The prizes were distributed by Mrs. Murugalakshmi Dean and Counselling authorities of Government Medical College & Hospital, Namakkal. This achievement reflects the students' Knowledge, Creativity, and Commitment towards raising awareness about Tuberculosis. The event was highly informative and motivated students to contribute towards the goal of eliminating.