



RESEARCH SPRING

Unraveling Insights at FMCON



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FATHER MULLER COLLEGE OF NURSING, MANGALURU

(A Unit of Father Muller Charitable Institutions)

Affiliated to Rajiv Gandhi University of Health Sciences, Karnataka, Bengaluru



Father Muller College of Nursing, a unit of Father Muller Charitable Institutions was established in the year 1987 with a vision to heal and comfort the suffering humanity with compassion and respect; and to be recognized as a global leader in nursing education and research.

To integrate research with education, the college launched a research cell in 2021 with the aim of fostering and promoting research-based activities within the institution.

The objectives of the Cell include

1. To create awareness and opportunities in the area of research and development among the students and faculty
2. To create interest and atmosphere among the staff members to take up research projects and improve their knowledge, skills and practice
3. To encourage staff members and students to publish scientific papers in indexed National and International journals and conferences
4. To guide faculty and students to undertake research activities and development projects offered by agencies such as UGC and ICMR
5. To develop and coordinate strategies for maximizing the faculty's success in gaining external research funding
6. To maintain and disseminate current information about relevant research areas and initiatives in government, in the professions and in relevant industries, including external funding opportunities
7. To develop strategies to foster research collaborations within the faculty, across faculty and institutes and with agencies outside the college
8. To coordinate workshops and staff development activities on research-related issues
9. To promote and screen proposals for external research funding

Director's Message

Rev. Fr Richard Aloysius Coelho
Director
Father Muller Charitable Institutions



As we embrace this first ever edition of "Research Spring" by the Father Muller College of Nursing, it's a fitting time to reflect on the profound nature of research itself. Just as a spring rejuvenates the landscape with clean and bountiful water, true research invigorates our understanding and fosters innovation. It is a source of vitality that nourishes the mind and spirit, empowering us to explore new horizons.

In this journey, we must remember that research should be an upstream swim—not merely following the current of established norms, but bravely charting our own course. While many may replicate existing findings, our mission is to innovate, pushing boundaries and discovering new paths. This commitment to originality is what distinguishes meaningful research from mere repetition.

As Proverbs 4:23 reminds us, "Above all else, guard your heart, for everything you do flows from it." In the same way, our research endeavors must stem from a place of passion and integrity. By nurturing this inner spring of creativity and purpose, we ensure that our work contributes to the health and well-being of society.

In this issue, we celebrate the vibrant spirit of innovation that flows through our Nursing community and beyond. Let us continue to dive deep into the waters of inquiry, fostering discoveries that are as refreshing and vital as the springs that sustain life. Together, we can cultivate a landscape rich with knowledge, pushing the boundaries of what is possible.

Kudos to FMCON for their tireless efforts in bringing ingenuity and steadfastness in the academic realm, keeping true to its nature of being the best for the rest.

Happy reading, and may your research journey be as invigorating as the spring itself!

Editor Message

Dr Pramila DSouza
Professor
Department of OBG Nursing
FMCON



The bulletin "Research Spring Unravels Insights" is a modest yet meaningful effort to highlight the innovative spirit, dedication, and contributions of our faculty and students in enhancing quality care, while also inspiring their peers to strive for excellence in both academic and professional pursuits. I would like to extend my heartfelt congratulations to all the contributors whose research has been featured. Let us continue to work together, fostering an environment where knowledge is shared, and innovation thrives.

Principal Message

Sr Dhanya Devasia
Principal, FMCON



Dear students, Faculty and Researchers,

I am delighted to extend my heartfelt appreciation to each of the members of research cell for the remarkable initiative of launching our first research bulletin. This bulletin serves as a vital platform to showcase and celebrate the outstanding efforts of our faculty and students in the realm of research. This initiative marks a significant step towards fostering a culture of exploration and innovation within our academic community.

Research is the cornerstone of academic growth and innovation. This bulletin not only encourages our faculty and students but also inspires our academic community. Let us continue to support and nurture the spirit of research and aim for excellence that defines our institution.

Chairperson Message

Mrs Sandra Jyothi Saldanha
Associate Professor
Department of Child Health Nursing
FMCON



"Research is creating new knowledge"- Neil Armstrong. It is the team that works together that achieves the great success. The cell is fortunate to have such eminent members meeting together and helping the College grow in every aspect of research. This bulletin marks the first release of research related work undertaken by every member of this College. I believe, it will inspire every student and staff to get their name imprinted in this bulletin which can motivate and bring the best out of them. I wish this bulletin- "Research Spring" be a successful venture in unraveling the insights towards research in FMCON.

With Best wishes and research dreams to come true...



Ramyashree S
Assistant Professor
Dept of OBG Nursing

Published a paper on severity of menopausal symptoms on quality of life among working women, Journal of Education and Health Promotion on 7th Feb 2024.

Presented a paper on the topic Empowerment program on the well-being of menopausal women. National conference on 9th Feb, 2024.

Won first prize in poster presentation at the national conference on Integrating technology in public health, the Way Forward held on 9th Feb 2024 at Yenepoya, Deralakatte, Mangaluru



Dr Reena Wilma Frank
Associate Professor
Dept of OBG Nursing

Published a paper on postoperative Pain Reduction in "Cesarean Mothers" with Hand and Foot Massage. Journal of Allied Health Science NU on 23rd May 2023.



Dr Shycil Mathew
Associate Professor
Dept of Community Health Nursing

Presented a poster on educational environment: students perceptions using the DREEM Inventory a study at Mangaluru, Karnataka. State level workshop on 4th May 2024.

Presented a paper on enhancing lifestyle practices in overweight and obese adolescents through a Parent-Involved Multi-Component Intervention Programme. International conference on 29th June 2024.

Presented a paper on dietary and sleep pattern among overweight and obese adolescents: A descriptive study at Mangaluru. Received II prize at National conference, 29th February 2024



Mr Ashwin Bromeo J
Assistant Professor
Dept of Medical Surgical Nursing

Published a paper on comparing the effect of acupressure and helper skin taps technique on level of pain during Intramuscular Injection among Adult Patients in a Selected Hospital, Mangaluru. International Journal of All Research Education and Scientific Methods (IJARESM) on 1st January 2024.

Published a paper on level of cardiovascular endurance among the college students in selected institute, Mangaluru. International Journal of Nursing Critical Care on 3rd March 2024.



Lavina Rodrigues
Associate Professor
Dept of Mental Health Nursing

Won the First Prize for the e-poster Competition held at state level workshop-Precision in Practice: Advancing Skill Assessment" on 4th May 2024 by Yenepoya Nursing College.

A Glimpse of Research Day Celebrations - March 02, 2024



Guest Lecture by Dr Animesh Jain and quiz for UG and PG students of the College

Research Award Winners



Mrs Ramyashree S
Research Grant Award



Dr Shycil Mathew
Research paper/poster
presentation award



Dr Reena W Frank
Research Grant Award
& Contribution to chapter/
book award



Mrs Lavina Rodrigues
Associate Professor, Department of Mental Health
Nursing bagged the title Exemplary Researcher Award



Mrs Sandra J Saldanha
Research Grant Award
& Research Publications Award

Action plan for the year 2024-25

- Celebration of Research Day in the month of March 2025.
- Release of Research bulletin every year.
- Ongoing Institutional Review Committee training for all the staff of FMCON.
- Initiation of UG students research club in the College.

Research Cell Team



Sr Dhanya Devasia
Principal



Dr Agnes EJ
Vice Principal



Mrs Sandra Jyothi Saldanha
Chairperson



Dr Reena Wilma Frank
Secretary



Dr Sasikumar S
IQAC Coordinator

Representatives from Institutional Review Committee of FMCON



Dr Sonia Karen Liz Sequeira



Ms Precilla L DSilva



Dr Josmitha DSouza



Dr Animesh Jain
Professor
Kasturba Medical College,
Mangaluru



Dr Sr Judy SIC
Principal
Father Muller
Nursing College
Thumbay



Dr Shivashankara AR
Professor
Father Muller
Medical College,
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External Members

Research Cell, Father Muller College of Nursing

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