



RESEARCH SPRING



Unraveling Insights at FMCON

Volume: I

Issue: IV

July to December 2025

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



Ms. Precilla D'Silva
Professor
Department of Obstetrics and
Gynaecological Nursing

presented a poster titled "Interventions to Reduce Menstrual Pain among Adolescents in LMICs: A Systematic Review" at the International Conference on Equity, Diversity & Inclusion (EDI) in Health: Envisioning a Future of Global Collaboration for Education, Research & Practice, organized by Manipal College of Nursing, MAHE, Manipal, in collaboration with the University of New Brunswick (UNB), Canada, held on 8th and 9th July 2025.

She also published a paper titled "Interventions to Promote Menstrual Health among Adolescents in LMICs: Protocol for a Systematic Review" in the Manipal Journal of Nursing and Health Sciences on 19th July 2025.

In addition, she received an Alumni Seed Grant of ₹20,000 from the Alumni Association, FMCON, for the study titled "Effectiveness of the Evidence-Informed Menstrual Health emPOWERment (EMPOWER) Program on Menstrual Health Literacy and Menstrual Health Practices among Adolescent Girls Residing in Child Care Institutions of Dakshina Kannada District: A Developmental Research Study", sanctioned on 19th July 2025



Mr. Naveen Rasquinha
Professor
Department of Mental Health Nursing

Published the following research papers:

1. "A Quasi-Experimental Study to Assess the Impact of Cognitive Behaviour Therapy on Quality of Life among Patients with Depression" in the Journal of Review of Diabetic Studies, published on 06-12-2025.

2. "Activities of Daily Living (ADL) and Well-Being Assessment among the Elderly" in the Journal of Musik in Bayern, published on 30-12-2025.



Dr. Sasikumar S
Mrs. Charitha Lewis
Department of Medical Surgical Nursing

Bagged first prize on Poster Making competition World Antimicrobial Resistance Awareness week 2025 organised by Anti-microbial Stewardship Committee of Father Muller Medical College Hospital 18th November 2025.

Dr. Sasikumar S also attended a training programme on Good Clinical Practice (GCP), Research Ethics, and Guidelines for Ethical Conduct of Research, conducted by the Father Muller Research Centre on 4th November 2025.



Dr. (Prof.) Sonia Karen Liz Sequera
Department of Community Health Nursing

Published a paper titled "Self-Efficacy and Quality of Life (QOL) in Women of Reproductive Age with Urinary Tract Infections (UTIs)" in the RGUHS Journal of Nursing Sciences on 31 July 2025.

Bagged First Place in paper presentation titled "Effectiveness of Structured Counselling and Preventive Strategies on Quality of Life among Women of Reproductive Age with Urinary Tract Infections (UTIs)" at the International Conference on "Evidence-Based Practice and Innovation in Healthcare Research: Optimizing Quality and Excellence", organized by SUM Nursing College, Siksha 'O' Anusandhan (Deemed to be University), Bhubaneswar, Odisha, on 28th and 29th November 2025.

Attended Good Clinical Practice (GCP), Research Ethics, and Guidelines for Ethical Conduct of Research, conducted by the Father Muller Research Centre on 4th November 2025.



Prof. Santhipriya Monteiro
Department of Mental Health Nursing

Published a research paper titled "Reflections of Worth: Exploring Self-Esteem in Caregivers of Mentally Ill Individuals" in the Annals of the National Academy of Medical Sciences (India). Published online on 20 December 2025.

Completed NPTEL online certification courses titled "Statistics for Biomedical Engineers" & "Research Methods in Health Promotion", conducted by IIT Madras and IIT Kharagpur, respectively, during July–Oct 2025.



Ms. Deepika N.C.
Associate Professor
Department of Community Health Nursing

Completed online certification courses titled "Statistics for Biomedical Engineers" and "Research Methods in Health Promotion", conducted by IIT Madras and IIT Kharagpur, respectively, during July–October 2025.

Attended Good Clinical Practice (GCP), Research Ethics, and Guidelines for Ethical Conduct of Research, conducted by the Father Muller Research Centre on 4th November 2025.

She presented a paper titled "Effect of Trataka on the Well-being of Adolescents Living in Institutionalized Homes at Mangalore – Pilot Study" at the International Conference on "Human Values in the 21st Century: Compassion in Action", organized by Vydehi Institute of Nursing Sciences & Research Centre, Bengaluru, on 16 October 2025.



Dr. Shycil Mathew
Professor
Department of Community Health Nursing

Published research article titled

1. "Effects of Aerobic Zumba Dance on Depression, Anxiety, and Stress among Female Students: A Quasi-Experimental Study" in the Journal of Health and Allied Sciences NU, Volume 15, Issue 4, October 2025.

2. Effectiveness of Parent-Involved Multi-Component Intervention Program on Lifestyle Practices and Body Mass Index of Overweight and Obese Adolescents: A Repeated Measures Study. Journal of Datta Meghe Institute of Medical Sciences University 20(4):p 862-872, Oct–Dec 2025



Sr. Nancy Priya Mathais
Associate Professor/CNO
Dept of Medical Surgical Nursing

Presented a paper titled "Impact of Mind–Body- Spirit intervention on stress, blood pressure, and heart rate among patients undergoing hemodialysis," in International Conference on "Insight to Impact: Building Excellence in Nursing Practice," organized by Krupanidhi College of Nursing, Bengaluru, on 12th August 2025.



Ms. Lavina Rodrigues
Professor
Mental Health Nursing Department

Presented a Scientific paper titled "Effectiveness of Activity Therapy on stress reduction and improving sleep pattern among patients with psychiatric illness" International Conference on "Evidence Based Practice and Innovation in Healthcare Research: Optimizing Quality and Excellence", organized by SUM College of Nursing, Siksha O Anusandhan (Deemed to be University) Bhubaneswar 28th & 29th November 2025.

She also attended a training programme on Good Clinical Practice (GCP), Research Ethics, and Guidelines for Ethical Conduct of Research, conducted by the Father Muller Research Centre on 4th November 2025.



Dr. (Prof.) Sandra Jyothi Saldanha
Department of Child Health Nursing

Served as a contributing author for a textbook titled Nursing Foundations, published in October 2025 by Pearson Publishers.



Ms. Thamizharasi N

Associate Professor
Dept of Obstetrics & Gynaecology Nursing

Completed NPTEL Oline certification on "Statistics for Biomedical Engineers" and "Research Methods in Health Promotion" and was placed in the topper list, conducted by IIT Madras and IIT Kharagpur, respectively, during July–October 2025.



Ms. Denitha

Associate Professor
Medical Surgical Nursing Dpt

Bagged the Second place in poster competition at a State level conference on the topic "Integration of simulation in nursing practice and education" Organised by Masood college of nursing on 04th Nov 2025



Ms. Jubee Joseph

Associate Professor
Dept of Medical Surgical Nursing

Presented paper on: "Compassion Satisfaction and Compassion fatigue among Nurses" in International Conference on "Evidence Based Practice and Innovation in Healthcare Research: Optimizing Quality and Excellence", organized by SUM College of Nursing, Siksha O Anusandhan (Deemed to be University) Bhubaneshwar 28th & 29th November 2025



Mr Ashwin Bromeo J

Professor
Medical Surgical Nursing Department

Published research article title :

Effectiveness of Normal Saline Flush on Patency of Peripheral Venous Cannula. Indian Journal of Continuing Nursing Education. 2025:10-4103.

Multisystem complications of dengue encephalitis: addressing hemophagocytic lymphohistiocytosis (HLH) – a case report. RGUHS J Nurs Sci. 2025;15(2):56-9.

Completed NPTEL online courses, research methodology in humanities and social sciences, statistics for biomedical engineers conducted by IIT Madras and IIT Kharagpur, respectively, during July–October 2025.



Ms. Sabeena MTP

Associate Professor
Dept. of Mental Health Nursing

Presented a Paper on " Satisfaction with Simulation Based Learning on Mental Health Nursing Competency among Undergraduate Students" at the International Conference on "Evidence-Based Practice and Innovation in Healthcare Research: Optimizing Quality and Excellence", organized by SUM Nursing College, Siksha 'O' Anusandhan (Deemed to be University), Bhubaneswar, Odisha, held on 28th and 29th November 2025.

She also attended a training programme on Good Clinical Practice (GCP), Research Ethics, and Guidelines for Ethical Conduct of Research, conducted by the Father Muller Research Centre on 4th November 2025.



Mrs Deepthi Gladys Dsouza

Assistant Professor
Dept. of Obstetrics & Gynaecology Nursing

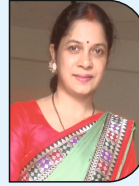
Presented paper titled "game addiction among pre-university students in a selected college in Mangalore" National conference organized by Shree Venkateshwara School of Nursing, Uttar Pradesh in Collaboration with Glorious International Nursing Research and Academic Foundation dated 6th to 8th May 2025.



Ms. Leena Margaret Castelino

Professor
Dept. of Nursing Foundation

Presented a paper titled "Knowledge and attitude among health care professionals regarding Antimicrobial stewardship " National conference organized by Shree Venkateshwara School of Nursing, Uttar Pradesh in Collaboration with Glorious International Nursing Research and Academic Foundation dated 6th to 8th May 2025.



Ms. Sharmila

Lecturer
Dept of Fundamental of Nursing

Presented a paper Titled "Knowledge on Mental Health Among the Students in a selected Nursing College at Mangaluru", National Conference on "Innovations in Palliative Care: Advancing Compassionate Nursing Practices", organised by Shri Venkateshwara School of Nursing, Shri Venkateshwara University, Gajraula, Uttar Pradesh in Collaboration with the Glorious International Nursing Research and Academic Foundation from 5th to 8th May 2025.



Ms. Selma Godfrey

Associate Professor
Dept. of Child Health Nursing

Presented a paper titled " Effectiveness of structured teaching programme on knowledge regarding Learning Disabilities in School Children among primary School teachers in selected Rural School, Udupi", National Conference "Transforming Paediatric Nursing: Bridging Research, Advocacy and practice for better Outcomes" Organised by Department of Child Health Nursing, KAHER Institute of Nursing Sciences, Balaghavi, Karnataka dated 23 & 24th May 2025



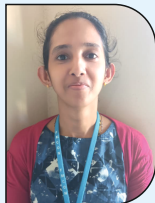
Sr. Juliana Gretta Lobo

Lecturer
Department of Nursing Foundation

Published an article titled "The effectiveness of Foot reflexology on dysmenorrhea among adolescent girls in selected hostels Mangaluru", in Journal of Emerging Technology and Innovative Research (JETIR) dated 24.09.2025.

STUDENTS RESEARCH ACTIVITIES

PAPER PRESENTATIONS (Online Mode)



Ms Preetha Sonia D'souza

II MSc Nursing student

Presented her paper titled "Effectiveness of Yoga Nidra On Stress and Insomnia Among Postmenopausal Women In Self-Help Groups At Mangaluru-A Pilot Study" in the National Conference on "Human values in 21 century: Compassion in action" Organized by Vydehi Institute of Nursing Sciences & Research Centre, Bengaluru on 16.10.2025

The following students have completed their oral paper presentations (online mode) in the National conference on “Empowering Voices, Advancing Equity: Public Health Nursing for Sustainable Development” organized by Faculty of Nursing, Parul University in collaboration Society of Public Health Education, research and Empowerment (SPHERE) on 21st -22nd November, 2025 at Vadodara.



Mr Abijith Sujith

I MSc Nursing

Guide: Ms Sabeena M T P
Co Guide: Mrs. Sonia Lobo
BEST PAPER AWARD (First prize)

Effectiveness of Brief Stress Management Interventions on Stress among Patients Having Stage III Head and Neck Cancer: Pilot Study
Category: Oral Paper



Ms Keerthi Sreekumar M

I MSc Nursing

Guide: Dr. Reena Frank
Co Guide: Mrs. Lavina Rodrigues

Perceived social support and Relapse Risk among patients with alcohol dependence syndrome in selected hospital, Mangaluru
Category: Oral Paper



Ms Palakonda Pragathi

I MSc Nursing

Guide: Ms Wilma Shalini Noronha
Co Guide: Mrs. Helen Claret Dsouza
BEST PAPER AWARD (Third prize)

Effectiveness of Helper Skin Tap Technique on pain and physiological parameters among infants during intramuscular vaccination
Category: Oral Paper



Mr PRAJWAL K

I MSc Nursing

Guide: Ms Helen Claret Dsouza
Co Guide: Mrs Godfree Selma Lewis

Effectiveness of Distraction cards on pain and anxiety in children during painful procedures in a hospital, Mangaluru
Category: Oral Paper



Ms Jeffy George

I MSc Nursing

Guide: Ms Ramyashree S
Co Guide: Dr. Shiji PJ

Literacy and Attitude on Helper Skin Tap Technique on pain reduction among staff nurses at selected tertiary care hospital, Mangaluru
Category: Oral Paper



Ms Rosmy Jose

II MSc Nursing

Guide: Ms Sunitha Merlyn Fernandes
Co Guide: Ms Precilla Dsilva

Self-efficacy of caregivers of oncology patients in a hospital setting
Category: Oral Paper



Ms Neha Mary Binu

IV BSc Nursing

Guide: Dr Josmitha Dsouza

A Study to assess the severity of cyberchondria among the students
Category: Oral Paper



Ms Deepa Robert

IV BSc Nursing

Guide: Ms Santhipriya Monterio

A correlational study on academic resilience and mindfulness among student nurses in a selected college, Mangaluru.
Category: Oral Paper

The following students have completed their Oral Paper/ Poster presentations (online mode) in the International conference on “Evidence- Based Practice and Innovation in Healthcare Research: Optimizing Quality and Excellence” held on 28–29th November, 2025 organised by SUM Nursing College, at Bhubaneshwar, Odisha



Ms Preemal Noronha

IV BSc Nursing

Guide: Ms. Ramayashree s

Impact of recreational reading on social attitude among youth

Category: Oral Paper



Ms Jaquiline Loraine Cardoza

IV BSc Nursing

Guide: Dr Pramila Dsouza

Impact of white noise and mothers touch on pain among neonates in selected hospitals at Mangaluru.

Category: Oral Paper



Ms Preemal Saldanha

IV BSc Nursing

Guide: Dr Shycil Mathew

Is Academic Procrastination Correlated with Self-Efficacy? A Descriptive Study Among Nursing Students.

Category: Oral Paper



Mr Joseph Vellachalil Shibu

IV BSc Nursing

Guide: Dr Sonia Sequera

Influences of working hours on the Mental health among Nurses of a selected hospital, Mangaluru, Karnataka

Category: Oral Paper



Ms. Melony Minol Dsilva

IV Semester BSc Nursing

Guide: Dr Josmitha Dsouza

Circadian Rhythm affecting the concentration levels among nurses

Category: Oral Paper



Ms P Triveni

I MSc Nursing

Guide: Mr Abin Kuriakose

Knowledge and self-reported practices of student nurses in caring of patients with endotracheal tube at selected hospital Mangaluru

Category: Oral Paper



Ms Jubal Naome Fernandes

I MSc Nursing

Guide: Ms Denitha T

Effect of Oral Care with Ice-Cold Versus Room Temperature Saline on Thirst and Oral Discomfort among Patients undergoing various cancer treatments in a selected tertiary hospital, Mangaluru

Category: Oral Paper



Sr Princy George

I MSc Nursing

Guide: Mr Ashwin Bromeo J

Nurse Made Neck Roll on Endotracheal Tube Cuff Pressure and Position Among Mechanically Ventilated Patients.

Category: Poster

STUDENTS RESEARCH ACTIVITIES



Abhishek Fernandes and team under the guidance of Dr. Shiji P J, Professor /HOD of Community Health Nursing Dpt. on the Titled "Attitude of teachers towards annual based curriculum and semester-based curriculum in Selected nursing colleges at Mangaluru".



Princia Fernandes and team under the guidance of Dr. Shycil Mathew, Asso Prof. on the Titled "Assessment of clinical reflection and reasoning competencies of B.Sc. Nursing students between private and public health science Institutions at Mangalore, Karnataka, India".



Akhila Joseph and team under the guidance of Dr. Sasikumar S Professor / HOD of Medical Surgical Dept on the Titled "A cross sectional study to assess the physical activity and quality of life among health professional students at selected college, Mangaluru".



Elaine Aby and team under the guidance of Dr. Pramila Dsouza Professor on the Titled "Social support, caring efficacy and emotional intelligence on clinical competency of nursing students in Mangalore, Dakshina Kannada".



Mr. Welron Monteiro attended and presented a concept poster on a device development titled "Swasthyavani: My voice, My health in International Conference on "Youth Power: Innovate. Inspire, Impact" in the Global Youth Summit 2025 held from 4th June to 6th June 2025 at

Yenduarance Zone, Yenepoya (Deemed to be University, Mangaluru Karnataka).



Editor:
Dr. Kaini Cecilia

Message: This research bulletin proudly showcases the scholarly contributions of our faculty and the enthusiastic participation of our students through papers and posters presented at national and international conferences, reflecting our vibrant academic and research culture.