

Oral/poster presentation are invited

Instructions for Abstract preparation

Topic: Research Papers on the theme/subtheme

1. Research abstract should include title, author's name, brief introduction, methods, results, discussion (IMRAD) & conclusion limited to 250 words in English
2. Use font type "Times New roman" font size 12
3. Registration is mandatory for presenters and certificate will be given in their name only
4. It must be submitted to

Email: com.conpims@gmail.com

Format for poster: _____

Orientation: Portrait / Landscape

Font size: ≥16

Format for slides: No animations

5-10 slides, IMRAD format Duration-7-10 mins

Last date: 10th November 2024

Organizing Committee

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Prof, CON, PIMS
- Mobile No: 9448159718

For further queries email us:
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Sr. Lecturer
9500383995

Arrangements :

Dr. Annie William
Associate Professor
7639361934

HOW TO REACH PIMS



COLLEGE OF NURSING



PONDICHERY INSTITUTE OF MEDICAL
SCIENCES, PUDUCHERRY-14

(A Unit of The Madras Medical Mission)

DEPARTMENT OF COMMUNITY HEALTH NURSING

IN COLLABORATION WITH DEPARTMENT OF

CLINICAL NUTRITION AND DIETETICS

NATIONAL SEMINAR ON REFRESH,

RENEW, REJUVENATE HEALTHY

LIFESTYLE - A NURSING RESEARCH

PERSPECTIVE



DATE: 22.11.24 - FRIDAY

TIME: 8 AM - 5PM

VENUE: Dr. Yakob Mar Irenaios

Auditorium, PIMS

TNNMC CREDIT HOURS

AWARDED-6

ABOUT US

College of Nursing Pondicherry Institute of Medical Sciences was established in 2004 is situated within the premises of the Pondicherry Institute of Medical Sciences with fully equipped infrastructure. The entire institute of P.I.M.S is spread across 32 acres of landscaped greenery and strategically located off the ECR Road, 15 kilometers before the city of Pondicherry to ensure a pollution and noise free environment and a conducive learning atmosphere for students.

VISION

The vision of College of Nursing - Pondicherry Institute of Medical Sciences is to serve the community through holistic health services and an excellent system of education where we follow the defining principles of ethics, excellence, care and research, in line with our motto Learn with dignity & Serve with Loyalty

MISSION

- Provide excellent health services to the community.
- Provide quality education to our students to make them holistic health care providers, who will practice their profession with ethics, empathy, compassion & excellence
- Educate the community around us on how to prevent diseases and improve their quality of life with the available resources.
- Conduct excellent, ethical research which helps in enhancing the knowledge of diseases, its treatment and prevention.
- We will achieve excellence in holistic care, education and research within the frame work of Christian ethical values

National Seminar: Back ground

According to WHO, Lifestyle diseases (LSDs) may be chronic diseases of long duration and slow progression or they may result in more rapid death. Diet and lifestyle are the major factors found to influence susceptibility to many diseases. The main factors contributing to lifestyle diseases include bad food habits, physical inactivity, wrong body posture, disturbed biological clock and also addictions such as drug abuse, tobacco smoking, alcohol drinking. Lifestyle management is defined as the application of environmental, behavioral, medical and motivational principles to the management of lifestyle-related health problems in a clinical setting. It is an established branch of medicine where we discuss lifestyle's contribution to health in addition to non-pharmacological intervention in the treatment and management of lifestyle diseases. As nurses intervening with lifestyle management is a part of nursing care. Hence this conference will discuss the aspects to renew, restore and rejuvenate lifestyle practices.

Objectives: At the end of CNE participants will be able to

1. Synthesize the components of healthy lifestyle with regards to nursing research to refresh, renew and rejuvenate their/patient's health
2. Explore the Physical components of healthy lifestyle to prevent lifestyle diseases
3. Analyze the emotional quotient as a factor to refresh, renew and rejuvenate their/patient's health
4. Comprehend sustainable development as a social component of health and incorporate it in the nursing practice

Who can attend?

Hospital and Community Nurses, Nurse: Educators

Register through Google Forms

Registration Link:

https://docs.google.com/forms/d/e/1FAIpQLSciWizKTMmIjliY2gNg_4cdj9JGT0V3J2jUSDRakPjnB43VzQ/viewform?usp=sf_link

Registration Fee: Rs.500/- (including refreshment & kit)

Hostel Accomodation:Rs.300/-

Last date for Registration : 18th November 2024

Account Details

Acc No : 5614740090

IFSC code: CBIN0284147

Bank : Central Bank of India

PPIMS Branch

Acc. Holder Name : College of Nursing, PIMS

Bank transfer through Gpay can be done and proof attached

PROGRAMME SCHEDULE

Time	Resource Person	Topic	
8AM-8.30AM	REGISTRATION		
8.30AM –9AM	Lt.Dr.Hemavathi.P Asst Prof,CON,PIMS	Demonstration of Yoga as a lifestyle intervention	
9AM-9.30AM	Mrs.Radhika.R Lecturer, CON,PIMS, Puducherry & Mrs.Magitha, Dietitian,PIMS	Demonstration of therapeutic diet for lifestyle disease management	
9.30AM-10AM	INAUGURATION AND UNFOLDING THE THEME		
10AM-11AM	Dr.Sharadha Ramesh, Principal VMCON, Puducherry	Refresh, Renew and Rejuvenate: Healthy Lifestyle with regards to domains of research	
11AM-12N	Dr.G.Bhuvan-eshwari, Professor Saveetha CON,Chennai	Dietary Modifications-A Nursing Research perspective	
12N-1PM	Dr. Preethi Jawahar, Professor MOSC CON, Ernakulam,Kerala	Physical Activity-A Nursing Research perspective	
1PM-1.30PM	LUNCH		
1.30PM-2.30PM	Oral/Poster presentation		
2.30PM-3.30PM	Dr.Annie William Assoc.Prof CON,PIMS, Puducherry	Emotional quotient- A Nursing Research perspective	
3.30PM-4.30PM	Dr.Genesta Mary Principal Sabari College of Nursing, Puducherry	Sustainable development- A Nursing Research perspective	
4.30PM-5PM	Valedictory		