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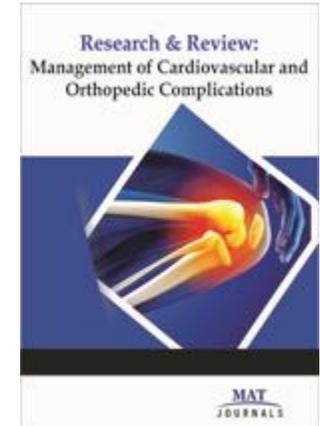
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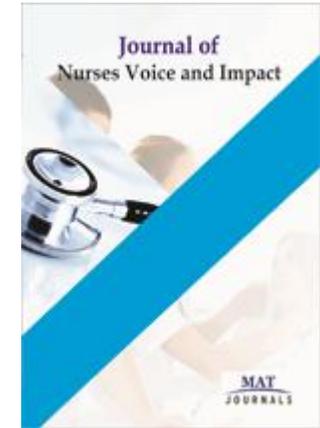
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**REVIEW ARTICLE****Kawasaki Disease: A Distinctive and Dynamic Condition**S. Priyadharshini<sup>1\*</sup>, K. Bharathi<sup>2</sup><sup>1</sup>Assistant Professor, Department of Child Health Nursing Kasturba Gandhi Nursing College, Sri Balaji Vidyapeeth (Deemed to be University) Pillaiyarkuppam, Puducherry, India<sup>2</sup>Professor, Department of Obstetrics and Gynaecological Nursing, RAAK Nursing and Paramedical College, Puducherry, India

\*Corresponding Author: priyaselvaradjou@gmail.com

*Received Date: August 20, 2024; Published Date: September 04, 2024***Abstract**

*Kawasaki illness, an acute vasculitis of children, causes coronary artery aneurysms in approximately 25% of untreated patients. It has been reported globally and is the primary cause of acquired heart disease in children in developed countries. Fortunately, most individuals' cardiovascular health improves within a few months. Long-term complications of Kawasaki illness may include heart valve problems, unstable heartbeat rhythm, heart muscle inflammation, and aneurysms (bulges in blood vessels). It most commonly affects newborns and early children. There is a rash and fever in the early stages. Peeling skin and a high temperature are among the symptoms. Vasculitis, or inflammation of medium-sized blood vessels, may occur later. It also affects skin, mucous membranes, including those inside the mouth, and lymph nodes. Most of the time, Kawasaki disease is curable. Aspirin and intravenous immunoglobulin therapy administered in a medical setting are examples of initial therapies.*

*Most cases of systemic vasculitis, or KD, are in youngsters. The geography and seasonality of a disease have an impact on its epidemiology. Even though it has been many years since the initial report on KD, several linked aspects remain unknown. Acute systemic vasculitis, known as Kawasaki illness, was initially documented in 1961. Many papers have been published in the previous fifty years to help us understand this condition better. Clinical findings are used to diagnose Kawasaki disease. Patients with atypical Kawasaki illness include those who do not fit all diagnostic requirements. Intravenous immunoglobulin and aspirin are used to treat coronary aneurysms, the primary consequence of Kawasaki illness. If the patient does not improve, a second dosage of immunoglobulin is administered. Several different second and third-line therapeutic options have been suggested in the past few years.*

**Keywords-** Aspirin, Coronary aneurysm, Kawasaki disease, Strawberry tongue**DEFINITION**

Inflammation of the blood arteries is the hallmark of Kawasaki disease, which nearly exclusively affects young children. It is one of the primary causes of paediatric cardiac disease and is treatable with an early diagnosis. Most children recover without

any problems (1).

The inflammation caused by Kawasaki illness can damage a child's coronary arteries, which supply blood to the heart. Moreover, it could lead to problems with the skin, lymph nodes, and the lining of a child's nose, mouth, and throat. According to scientists, Kawasaki disease still has no

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**REVIEW ARTICLE**

**Lotus Birth: A Review**

K. Bharathi Venkatsubban<sup>1\*</sup>, Girija Paramasivam<sup>2</sup>

<sup>1</sup>Professor, Dept of OBG, RAAK Nursing and Paramedical College, Puducherry, India

<sup>2</sup>Assistant Professor, Dept of Child Health Nursing, RAAK Nursing and Paramedical College,  
Puducherry, India

\*Corresponding Author: venbha2429@gmail.com

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**ABSTRACT**

Lotus birth or un cutting of umbilical cord is referred as a method of leaving an umbilical cord as such. Hence the placenta and the fetus stay connected until unless the placenta dries and detach naturally. It usually happens around 5-15 days. The placenta is kept in fabric (soft absorbable cloth) or a Placental bag, Placental Kit. Lotus births Practitioners stated that, a holy/ spiritual connection between the baby and the placenta as it comes from the same matter. There's less number of researches on lotus birth, it's unclear if the practice is safe or not. Careful handling is required, while feeding, touching and holding your baby. Never forget to have a glance for the umbilical cord stretching. The lotus birth hasn't yet been studied and proved enough; we must take highly intensive and skilful care as much as possible to practice it. The baby's immature immune system must be taken into a special consideration. Any medical disturbances if they face, affects more than the adults. This article explores both the benefits and the risks of practicing Lotus Birth.

**Keywords--** Lotus birth, un cutting of umbilical cord, Placental Kit, Careful handling, skilful care

---

**INTRODUCTION**

Lotus birth or un cutting of umbilical cord is referred as a method of leaving an umbilical cord as such [1]. Hence the placenta and the fetus stay connected until unless the placenta dries and detach naturally. It usually happens around 5-15 days [2].

The placenta is kept in fabric (soft absorbable cloth) or a Placental bag, Placental Kit, which are available commercially prepared. Some Rock salts, lavender oil, Rose petals, or

other herbal plants can be added to it to reduce an abnormal odor [3].

Since there's no researches have proven the effects of the same, we need to be very cautious while caring the baby, before the cord falls [4].

**Advantages of Lotus Birth**

Practice of Lotus births have not been proved well, to know whether it has or not many advantages. Lotus births Practitioners stated some of the following [5],

- The placenta and the baby are originated from the same matter,
- A gentle, minimal invasive change for the baby from mother's womb to the world
- May Increase blood circulation and nutritional provision from the placenta.
- Decreases the risk of injury to the umbilicus.
- A holy/ spiritual connection between the baby and the placenta as it comes from the same matter.
- Some Practitioners strongly believed that uncutting the cord leads to stronger immune system, a greater oxygen supply to the baby, and keep the baby calm [6,8].
- Delay in cord clamping – Delay in cutting the umbilical cord for 30 sec. to 2 min following birth – has been proven to increase the blood volume of an infant. There is a possibility that lotus births may also have a same effect on newborn, but not been proven scientifically.

**Risks of Lotus Birth**

There's a smaller number of researches on lotus birth, it's unclear if the practice is safe or not. Once the umbilical cord and the placenta expelled from the mother's womb, no longer the

## REVIEW ARTICLE

# Sensitive Changes During Puerperium

K. Bharathi Venkatsubban<sup>1\*</sup>, Ravindar Navappan<sup>2</sup>

<sup>1</sup>Professor, <sup>2</sup>Nursing Tutor, Dept of OBG, RAAK Nursing and Paramedical College,  
Puducherry, India

\*Corresponding Author: vijayarajkavinila@gmail.com

### ABSTRACT

The Postpartum period, also known as Puerperium in which, the mother's body undergoes major changes during the first 24 hours after childbirth, especially of psychological changes. The post natal mother undergoes 3 phases include Taking in phase, Taking Hold Phase, Letting go phase. The take-up phase provides time for a woman to regain her physical strength and organize her delicate thoughts about her new role. Taking hold phase allows the woman to gradually settle into her new role. Letting go phase- woman finally accepts her new role and relinquishes her old roles. This article explores an understanding of postnatal mother's psychological status and can be handled constructively with great psychological support, which helps woman easier to go through these stages.

**Keywords**-- Puerperium, Mental changes, Taking- in, Taking -hold, Letting- Go, Psychological support

### INTRODUCTION

The Postnatal period, also referred as Puerperium and the "fourth trimester," means, the postpartum period in which the mother's physiologic changes associated with pregnancy return to a non-pregnant state [1, 2].

The mother's body undergoes major changes during pregnancy — and even equally after birth and delivery. Pregnancy

and childbirth change our bodies — sometimes in strange and unnatural ways [3, 4].

Immediately after birth, progesterone and estrogen levels drop drastically, which can affect “baby happiness” (mood swings, anxiety, irritability or sadness, resolves spontaneously within a week or more at birth) or postpartum depression (similar symptoms increase long and disrupt your daily life) [5].

### CHANGES IN MENTAL STATUS

The mother undergoes many changes both physically and psychologically following 24 hours after childbirth which may influence or affect a woman everlastingly if they are not cared with proper affection and attention. The following are the phases of mental changes occur during puerperal period [6].

### TAKING -IN PHASE

- The prenatal phase naturally stops 1 to 2 days following delivery.
- It's a time for meditation, as a mother is silent and calm for 2 to 3 days, following childbirth [7].
- The mother relies on her care taker or supporting person who has performing daily activities and decisions.
- It's all because of her physical hurt due to bleeding or postpartum pain, due to uncertainty about how to care for an

## REVIEW ARTICLE

# Review On Dysmenorrhea and Its Management

Bharathi. K<sup>1\*</sup>, A. Mangayarkarasi<sup>2</sup>

<sup>1</sup>Vice- Principal, <sup>2</sup>Principal, RAAK Nursing and Paramedical College, Puducherry, India

\*Corresponding Author: venbha2429@gmail.com

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### **Abstract**

*Dysmenorrhea is otherwise known as period pain or painful menstruation. The symptoms of dysmenorrhea usually persist for 3 or less than 3 days. Dysmenorrhea is primarily associated with or without underlying causes, which include adenomyosis, uterine fibroid, and endometriosis. There are two types of dysmenorrhea, primary and secondary, in which the former is more common and less common.*

*The risk factors are persons with heavy menstrual flow, irregular periods, those who attained menarche before the age of 12 years., as well as those who are malnourished with thin bodies.*

*Based on a 2011 study, 65% of girls and women in India are affected by painful menstruation. The discomforts during dysmenorrhea are nausea, vomiting, GI disturbances, pain in the lower tummy, etc.*

*Painful menstruation may affect the quality of life, feelings of hesitation, and discomfort in attending social events, and specially create a negative impact on the academic performance of young girl children. This may increase school absenteeism among young girls. Drugs, especially NSAIDs and other measures, are more helpful in decreasing menstrual pain and cramps.*

**Keywords-** Abdominal Cramps, Dysmenorrhea, Non-Steroidal Anti-Inflammatory Drugs (NSAIDs), Prostaglandins, Reproductive age

### **DYSMENORRHEA MEANING**

“Dys” means difficult, and menorrhoea means bleeding in menstruation. Dysmenorrhoea is otherwise known as period pain. Menstrual cramps are pain during menstruation and commonly begin when the menstruation starts (1, 2).

### **Incidence in India**

Studies conducted in India reported that the incidence rate ranges between 50% to more than 80%, and it commonly affects 90% of women in the reproductive age group (15-45 yrs.).

### **Types of Dysmenorrhea**

It can be categorized into:

- Primary Dysmenorrhea
- Secondary Dysmenorrhea

#### ***Primary Dysmenorrhea***

Painful menstrual bleeding occurs without any underlying issues. It occurs due to increased levels of Prostaglandins in Menstrual fluid or the uterine muscles, causing muscular contractions that result in pain. Usually, it begins within one year following menarche (3).

# Artificial Intelligence in Transforming Nursing

Bharathi<sup>1</sup>, Priyadharshini. S<sup>2\*</sup>, Sarala<sup>3</sup>

<sup>1</sup>Professor Cum Vice Principal-HOD, Department of Obstetrics and Gynaecological Nursing, RAAK Nursing and Paramedical College, Puducherry, India

<sup>2</sup>Assistant Professor, Department of Child Health Nursing, Kasturba Gandhi Nursing College, Sri Balaji Vidyapeeth (Deemed to be University) Pillaiyarkuppam, Puducherry, India

<sup>3</sup>Assistant Professor, Pauls College of Nursing, Villupuram, Tamil Nadu, India

\*Corresponding Author: priyadharshinis@kgnc.ac.in

## Abstract

Artificial intelligence is a group of technologies that are now in use. The majority of these connected technologies are immediately applicable to the healthcare profession, although the precise procedures and tasks they support in their implementation vary greatly. AI is gradually becoming more adept at performing tasks that humans do, but in a more efficient, timely, and cost-effective manner. AI in healthcare has grown in popularity across a number of industries and has enormous potential to improve patient engagement, optimize clinical operations, and increase diagnostic accuracy. Additionally, AI might speed up research cycles and encourage teamwork in academic writing, both of which would significantly advance the discipline. However, there are drawbacks to this paradigm change, including worries about the loss of human interaction in patient care, moral conundrums including algorithmic bias and data privacy, and the possibility of becoming overly dependent on AI systems. But there are drawbacks and moral dilemmas with AI as well, including those involving privacy, security, accountability, openness, trust, and human dignity. To guarantee that AI systems are in line with nursing standards and values, nurses must be aware of these issues and participate in their design, development, assessment, and regulation. A balanced strategy that prioritizes patient-centered care and adheres to ethical norms is needed to address these issues. Our healthcare ecosystem is becoming more and more reliant on robotics and artificial intelligence. The use of technology encourages proactive maintenance of a healthy lifestyle and enhances the healthier behaviour of the next generation.

**Keywords:** Artificial Intelligence, Computer, Healthcare, Nursing, Nursing Education, Nursing Research, Technology-Nurses

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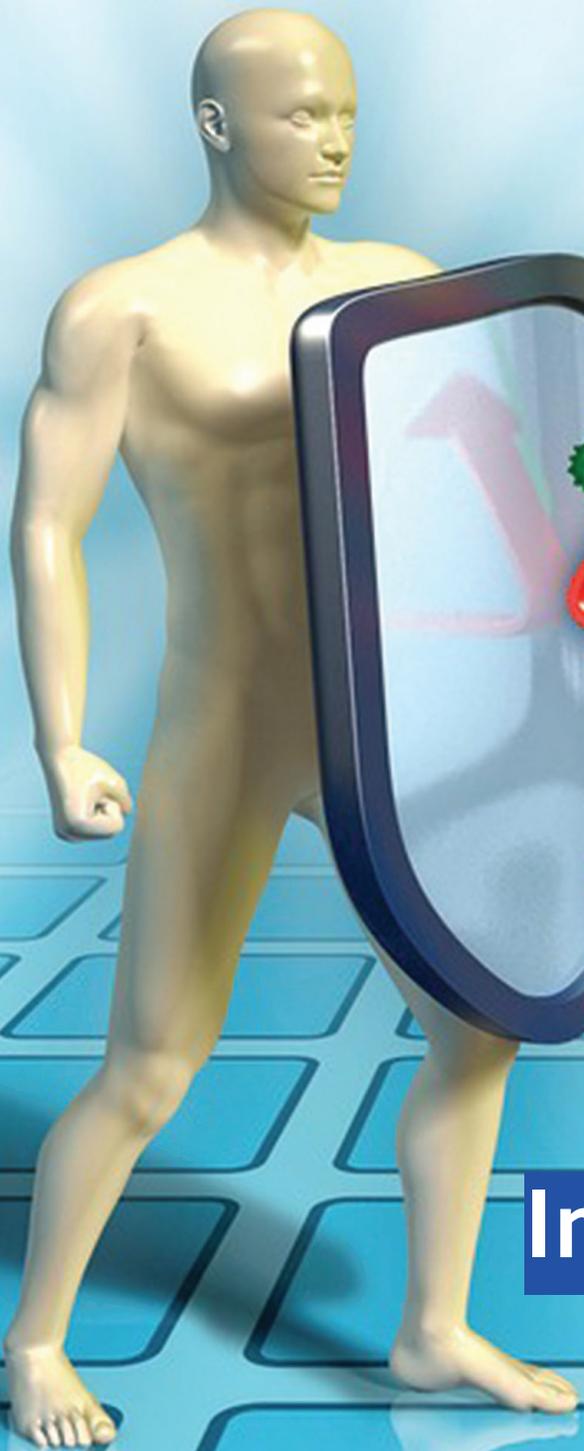
## INTRODUCTION

The world has been undergoing constant social, economic, political, cultural, and technological

transformation. Artificial intelligence (AI) is one of the most notable recent technological developments that is expected to revolutionize every facet of science and society.<sup>1</sup> AI is not a brand-new

# HEALTH ACTION

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## Immunity & Health



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#### Editorial and Administrative Offices:

Post Box 2153, 157/6, Staff Road, Gunrock Enclave, Secunderabad 500 009, Telangana, India

Tel: 27848293, 27848457

Fax: 040-27811982

E-mail: hafa@hafa-india.org;

healthaction@hafa-india.org

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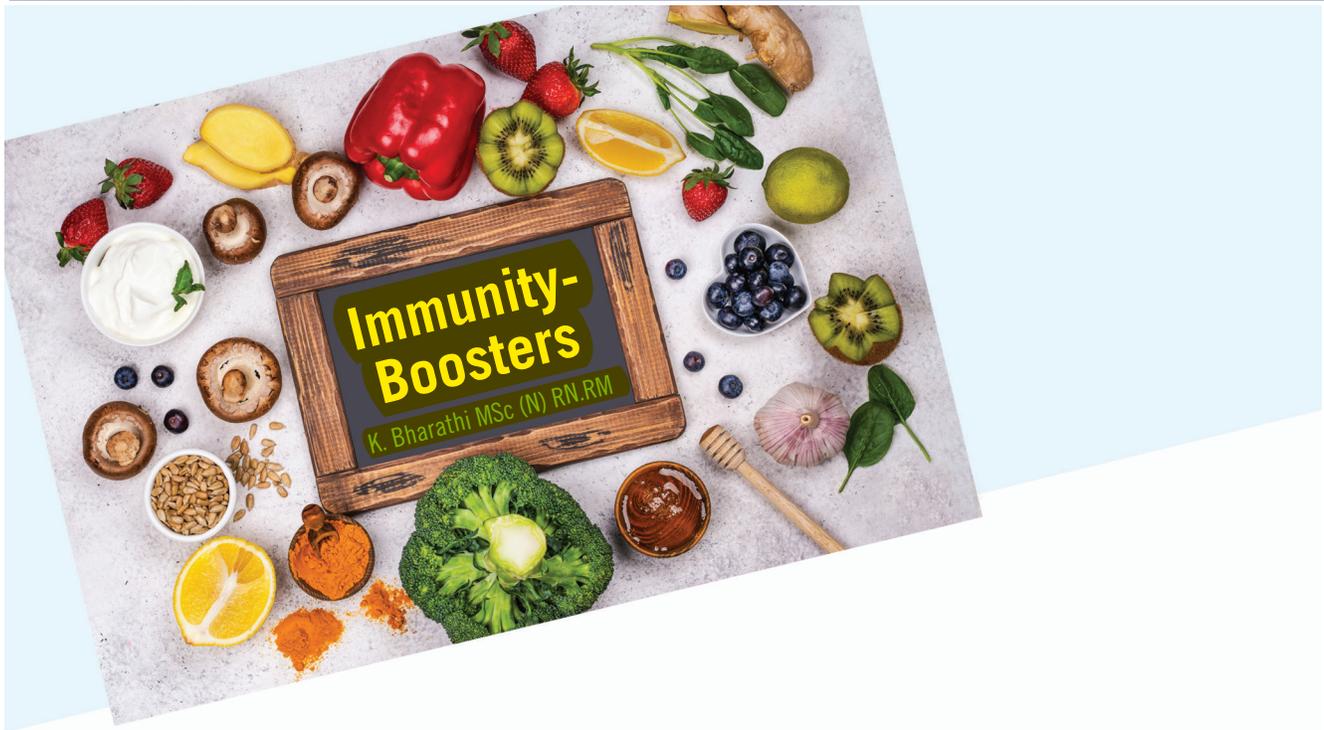
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the month

“Too much of an immune response is just as bad as too little response. You actually don’t want your immune system to be stronger, you want it to be balanced.”

Dr. Suzanne Cassel



Immunity to a disease is achieved through the presence of antibodies to that disease in a person's system. Antibodies are proteins produced by our body to neutralize or destroy toxins or disease-producing organisms. Antibodies are disease-specific.

There are two types of immunity: *active* and *passive*.

*Active Immunity* results when exposure to a disease-organism triggers the immune system to produce antibodies which can be acquired through natural immunity or vaccine-induced immunity.

- ◆ Natural immunity is acquired from exposure to the disease-organism through infection with the actual disease.
- ◆ Vaccine-induced immunity is acquired through the introduction of a killed or weakened form of the disease-organism through vaccination.

*Passive Immunity* is achieved when a person is given antibodies to a disease rather than producing them in their own.

A newborn baby acquires passive immunity from its mother through the placenta.

- ◆ The idea of boosting your immune system is appealing, but is it even possible to build up your immune system so that you rarely get sick?
- ◆ Dr. Suzanne Cassel, an immunologist at Cedars-Sinai, says that the concept of boosting your immune system is inaccurate. There's also widely held confusion about how your immune system functions and how your body is designed to combat diseases and infections.

### Signs of a Strong Immune System

The following are some of the primary drivers of and signs of a strong immune system.

- ◆ Eating right,
- ◆ Maintaining a healthy lifestyle, and,
- ◆ Getting enough sleep

### Immunity Boosters

Dr. Cassel says, "Too much of an immune response is just as bad as too little response." You actually don't want your immune system to be stronger; you want it to be balanced."

There are certain immunity-boosting nutrients which are more helpful for maintaining a healthy immune system as follows:

#### *Protein*

- ◆ Protein is not only important for healing, repair and maintaining healthy muscle mass, but also plays a vital role in formation of antibodies against infection and disease
- ◆ Protein foods can be animal-based such as meat, fish, poultry, eggs and dairy or plant-based such as peas, beans, lentils, tofu and nuts.
- ◆ Vary our protein sources, choose lean meats and poultry and limit processed red meats, consuming fish twice a week to keep our diet low in saturated fat.

“ One of the most important ways we can strengthen our longevity is only by boosting our immune system. There is typically a direct correlation between declining immune vitality and declining lifespan. When you boost your immune system more, the better you’re able to cope with the health challenges of daily life regardless of your age. “



### *Vitamin A Beta Carotene*

- ◆ It acts as an anti-oxidant, like anti-rust protection for our bodies’ cells, keeping them strong, alive and ready to fight infection. Beta-carotene is found in leafy greens, yellow and orange vegetables like pumpkin and carrots

### *Vitamin E*

- ◆ Vitamin E is also a powerful anti-oxidant and is found in
- ◆ Green leafy vegetables such as spinach and broccoli and avocados and
- ◆ Vegetable oils such as sunflower and rapeseed oil
- ◆ Nuts and seeds including: almonds, hazelnuts and pumpkin. Why not we try adding a handful of nuts or seeds to our cereal or using rapeseed oil in cooking and salad dressings.

### *Vitamin C*

- ◆ The recommended daily allowance (RDA) of vitamin C for most adults is 80mg which is easily achieved through a balanced diet.
- ◆ Foods rich in vitamin C include bell peppers, citrus fruits, broccoli, sprouts and berries. Fresh and frozen are equally as nutritious.
- ◆ While vitamin C supplementation up to 1000mg/ day will not be harmful, excess taking can result in stomach pain and diarrhea.

### *Vitamin D*

- ◆ Vitamin D works with calcium and phosphorus for healthy bones, muscles and teeth.
- ◆ It helps to regulate our immune responses and many researches proved that vitamin D supplements can help protect against acute respiratory infections, particularly among people who are deficient.

- ◆ This is one vitamin where supplementation is recommended, though we get vitamin D direct sunlight.
- ◆ We get some vitamin D from diet as it is found in foods such as eggs, salmon fish and fortified milk.
- ◆ Taking 10 micrograms per day supplement is recommended for adults and children over the age of one year.

### *Zinc*

- ◆ The immune system works well when we include zinc in our diet which is 10mg / day.
- ◆ The deficiency of zinc occurs very rarely as it is present in a wide range of foods including; lean meat, poultry, seafood, milk, whole grain products, fortified breakfast cereals, beans, seeds and nuts.

### *Selenium*

- ◆ Selenium is involved in the normal function of the immune system.
- ◆ Good sources include Brazil nuts, fish and seafood, brown rice, baked beans, sunflower seeds and oats are also good sources.

One of the most important ways we can strengthen our longevity is only by boosting our immune system. There is typically a direct correlation between declining immune vitality and declining lifespan. When you boost your immune system more, the better you’re able to cope with the health challenges of daily life regardless of your age. ■

*(Professor, Raak Nursing and Paramedical College, Puducherry. Email: venbha2429@gmail.com)*

# Paediatric Mental Health Disorder Post-Pandemic: Anxiety, Depression and the Role of Nurses in Early Identification and Counselling

Prabhu S<sup>1\*</sup>, Kayalvizhi R<sup>2</sup>, Ambiga C<sup>3</sup>, Gnanasowndharya<sup>4</sup>, Gayathri P<sup>5</sup>, Dr. Prema Krishnan<sup>6</sup>

<sup>1\*</sup>Associate Professor, Child Health Nursing,

<sup>2&3</sup>Assistant Professor, Child Health Nursing,

<sup>4</sup>Assistant Professor, Community Health Nursing

<sup>5</sup>Assistant Professor, Medical Surgical Nursing

<sup>6\*</sup> Principal, Department of Pediatric Nursing,

<sup>1,5 & 6</sup> Shri Sathya Sai College of Nursing, Sri Balaji Vidyapeeth (Deemed to be University), Chennai,  
Tamil Nadu, India.

<sup>2,3 & 4</sup> Raak Nursing and Paramedical College, Puducherry, India

\*Corresponding Author

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## ABSTRACT

The COVID-19 pandemic has profoundly impacted the mental health of children and adolescents, leading to a significant rise in anxiety and depression worldwide. Prolonged school closures, social isolation, and family stressors have disrupted emotional stability and psychosocial development among the paediatric population. This narrative review explores the prevalence of anxiety and depression in children during the post-pandemic period and highlights the essential role of nurses in early identification, counselling, and preventive interventions. Findings from global and Indian studies (2020–2025) reveal that 25–27% of children experience depression and 20–25% suffer from anxiety, with higher rates reported in urban regions such as Chennai. Contributing risk factors include social isolation, excessive digital exposure, family conflict, and reduced physical activity. Nurses play a crucial role in recognizing early signs through tools such as the Child Depression Inventory (CDI) and Spence Children's Anxiety Scale (SCAS), while providing psychoeducation, emotional support, and school-based counselling. Strengthening nursing involvement in community and educational settings can facilitate early intervention, reduce psychological distress, and promote mental resilience among children and adolescents in the post-pandemic era.

**KEYWORDS:** Paediatric mental health, anxiety, depression, post-pandemic, early identification, counselling, nursing interventions.

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## INTRODUCTION

The study examines how the COVID-19 epidemic has affected children's mental health, with a particular emphasis on anxiety and depression in young people. It draws attention to the duty of paediatricians and primary care physicians to conduct mental health screenings during this period. Emphasis is placed on how the epidemic has negatively impacted patients' mental health as well as that of their family and the community. The complications brought on by long-COVID and its effects on paediatric mental health are also covered in the paper. The significance of early detection and intervention is highlighted by the strategies and resources provided for paediatricians to evaluate, triage, and start treatment for mental health issues. Although the context given does not specifically address the role of nurses in early identification and counselling<sup>1</sup>.

The COVID-19 pandemic has had a lasting impact on young people's mental health, with higher rates of anxiety and depression among kids and teenagers. - Loneliness, social isolation, financial stress, domestic disputes, and changes in living conditions are some of the factors that contribute to these mental health disorders. This population's mental health problems have been made worse by the pandemic's impact on healthcare availability. Appropriate interventions must be put in place as soon as mental health issues like depression and anxiety are identified. Early diagnosis and counselling can help de-escalate distressing feelings and prevent suicide thoughts and attempts, and school nurses and multidisciplinary teams are essential in this regard. Youth's mental health issues will continue as they go back to school, underscoring the significance of continuous intervention and support<sup>2</sup>.

## EPIDEMIOLOGY AND PREVALENCE POST-PANDEMIC

**Global** (children & adolescents) — Depression (25–27%), Anxiety (20–25%) (pooled estimates of *clinically elevated* symptoms across multiple studies). These come from large meta-analyses of studies conducted during the COVID-19 period<sup>3</sup>.

**India** — reported prevalence varies by study and setting; examples:

- **16% depression, 20% anxiety** among school-going adolescents in India<sup>4</sup>.
- **30% depression, 36% anxiety** reported in some community and college (higher estimates seen in some post-COVID regional studies)<sup>5</sup>.



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**Arockiafathima**  
M.Sc. (Nursing), Department  
of Medical Surgical Nursing,  
College of Nursing,  
Pondicherry Institute of  
Medical Sciences, Puducherry,  
India

**Sheela**  
Assistant Professor,  
Department of Medical  
Surgical Nursing, College of  
Nursing, Pondicherry Institute  
of Medical Sciences,  
Puducherry, India

**Sagayamary**  
Assistant Professor,  
Department of Medical  
Surgical Nursing, College of  
Nursing Pondicherry Institute  
of Medical Sciences,  
Puducherry, India

**Dr. Malarvizhi S**  
Professor, HOD of Medical  
Surgical Nursing, College of  
Nursing- Pondicherry Institute  
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**Sr. Dr. Mony K**  
Principal cum Professor,  
College of Nursing Pondicherry  
Institute of Medical Sciences,  
Puducherry, India

**Dr. Ravichandran**  
Assistant Professor,  
Biostatistician, Pondicherry  
Institute of Medical Sciences,  
Puducherry, India

**Corresponding Author:**  
**Arockiafathima**  
M.Sc. (Nursing), Department  
of Medical Surgical Nursing,  
College of Nursing,  
Pondicherry Institute of  
Medical Sciences, Puducherry,  
India

## Effect of video assisted teaching programme on knowledge and attitude regarding osteoporosis among housekeeping women at selected tertiary care hospital, Puducherry district

**Arockiafathima, Sheela, Sagayamary, Dr. Malarvizhi S, SR Dr. Mony K  
and Dr. Ravichandran**

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### Abstract

**Background:** “A Study to assess the effect of video assisted teaching programmer on knowledge and attitude regarding osteoporosis among housekeeping women at selected tertiary care Hospital, Puducherry District”. Osteoporosis is a growing health problem in developing countries and it is the most common bone disease, affects both genders, but predominantly affects women. It is characterized by decreased bone mass and structural deterioration of bone tissue, leading to an increased bone fragility and susceptibility to fractures in the hip, spine, and wrist, following minimal trauma. Since osteoporosis is a “silent disease”.

**Methodology:** The Quantitative research approach with a quasi-experimental one-group pretest-posttest research design was used. Sample and sampling technique: this study included 90 housekeeping women and the technique was Simple Random sampling technique (Lottery method). Setting: The research setting was Pondicherry Institute of Medical Science, Puducherry. Tools: The Socio-demographic variables and structured knowledge questionnaire and structured attitude questionnaires’ through 5 Point likert scale were used to collect the data. After assessing the pre-test level of knowledge and attitude of the sample video-assisted teaching programme on knowledge and attitude regarding osteoporosis was administered to housekeeping women. At the end post test was conducted.

**Result:** In the pretest knowledge score was 60% had poor knowledge, 24.4% had average knowledge and 15.6% had good knowledge. In posttest 12.2% had poor knowledge, 8.9% had average knowledge and 68.9% had good knowledge. Regarding overall attitude on osteoporosis, 54.4% had a poor attitude, 27.8% had an average attitude and 17.8 % had a good attitude in the pretest. In the posttest 11.1% had poor attitude, 25.6% had average attitude and 63.3% had good attitude. There was a significant association between the level of knowledge with selected socio-demographic variables such as age and residency. There was a significant association between levels of attitude with selected socio-demographic variable education.

**Conclusion:** The study findings revealed that there was a significant improvement in the knowledge and attitude among housekeeping women followed by the effect of video-assisted teaching programmes on osteoporosis.

**Keywords:** Osteoporosis, video assisted teaching programme, knowledge, attitude

### 1. Introduction

Osteoporosis is a growing health problem in developing countries and it is the most common bone disease, affects both genders, but predominantly affects women who experience more rapid bone loss in the early years following menopause. It is characterized by decreased bone mass and structural deterioration of bone tissue, leading to an increased bone fragility and susceptibility to fractures in the hip, spine, wrist, following minimal trauma. Since osteoporosis is a “silent disease” most people are not aware of their condition until they experience a fragility fact <sup>[1]</sup>.

Osteoporosis is classified into two types primary and secondary. Primary osteoporosis occurs due to rapid trabecular bone loss after menopause and secondary osteoporosis occurs due to slow cumulative loss of both cortical and trabecular bone.

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# A Comparative Study on Healthy Lifestyle Behaviours Among Medical and Non-Medical College Students in Puducherry

Prithvi Ram C.<sup>1</sup>, Mohamed Muzzammil S.<sup>2</sup>

<sup>1</sup>M.Sc. Nursing Mother Theresa Postgraduate and Research Institute of Health Sciences, Puducherry, India  
Email: [prithviram3598\[at\]gmail.com](mailto:prithviram3598[at]gmail.com)

<sup>2</sup>B.Sc. Nursing Mother Theresa Postgraduate and Research Institute of Health Sciences, Puducherry, India  
Email: [mohamedmuzzammil2k\[at\]gmail.com](mailto:mohamedmuzzammil2k[at]gmail.com)

**Abstract:** **Background:** Healthy lifestyle behaviours are essential for preventing chronic diseases and improving long-term well-being. College students, especially during their transition to adulthood, are at a critical stage where habits are formed that can impact future health. In India, including Puducherry, lifestyle-related risk factors among youth are increasing, yet limited comparative data exist between medical and non-medical students. **Aim:** To compare healthy lifestyle behaviours among medical and non-medical college students in Puducherry and to assess the relationship between these behaviours and selected demographic characteristics. **Methodology:** A comparative cross-sectional study was conducted among 150 students from seven colleges, including Medicine, Nursing, Dentistry, Engineering, Arts, and Law, in Puducherry. A non-probability convenience sampling technique was used. Data were collected using a standardized lifestyle behaviour questionnaire and analysed using descriptive and inferential statistics. **Results:** The study found a highly statistically significant difference in Healthy Lifestyle Behaviour (HLB) scores, with Medical Students scoring much higher (Mean=135.10) and more consistently (SD=2.55) than Non-Medical Students (Mean=90.72). The formal t-test confirmed this difference ( $p < 0.001$ ). Conversely, the study found no statistically significant relationship between the Total HLB Score and any of the demographic characteristics tested, such as Sex, Age, or Monthly Income (all p-values > 0.05). The overall result suggests that the difference in HLB is primarily driven by the academic stream rather than personal background factors. **Conclusion:** The study successfully established a significant difference in healthy lifestyle behaviours among college students in Puducherry. Medical students demonstrated statistically superior healthy lifestyle behaviours compared to non-medical students. However, the healthy lifestyle behaviours of the students were found to be independent of their tested demographic characteristics.

**Keywords:** Healthy Lifestyle Behaviour, Medical Students, Non-Medical Students, Physical Activity, Nutrition, Puducherry, College Youth

## 1. Introduction

The World Health Organization (WHO) describes health as more than just being free from illness it's a complete state of physical, mental, and social well-being. Taking care of our health means more than treating sickness; it involves making conscious choices and building daily habits that support our overall well-being. This approach is essential not just for individuals, but also for the health of families and communities as a whole.

To truly enjoy a good quality of life, it's important for individuals to develop healthy habits, since our overall health affects everything we do. A person's lifestyle plays a major role in whether they stay healthy or not. Today, more attention is being given to health promotion, and many countries are focusing on this approach to healthcare. The goal is to help people take charge of their own health by making informed, healthy choices. These habits should ideally begin in childhood and adolescence, laying a strong foundation to protect individuals from serious health problems later in life.

Health is a fundamental human need and forms the foundation for both personal and societal development. Today, there is a global shift toward improving health by focusing on education and planning for communities emphasizing prevention and health promotion, rather than relying solely on treatment-based approaches.

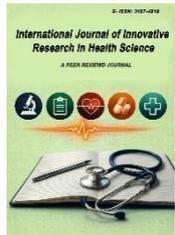
Although young people play a vital role in shaping future generations and promoting health within society, they are often not a primary focus of global health initiatives. This is largely because they are generally viewed as being in a relatively healthy stage of life. However, the college years bring a unique set of challenges, including adapting to new social and physical environments, building social networks, gaining independence, and managing unfamiliar schedules. During this transitional period, students are more likely to adopt unhealthy behaviours that can negatively impact their well-being, such as physical inactivity, high stress levels, and poor dietary habits.

### Objectives of the study:

- 1) To assess the healthy lifestyle behaviours among medical and non-medical college students.
- 2) To compare the healthy lifestyle behaviours between medical and non-medical college students.
- 3) To find out the relationship between healthy lifestyle behaviours of students with their demographic characteristics such as: gender, marital status, living status, residency environment, and family monthly income.

## 2. Methodology

A comparative cross-sectional study was conducted among 138 students from six colleges, including Medicine, Nursing, Dentistry, Engineering, Arts, and Law, in Puducherry. A non-



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### Research Article

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# Assess the knowledge and experience of andropause symptoms among men attending the NCD clinic at IGGGH & PGI, Puducherry

Prithvi Ram. C<sup>1</sup>, J. Jasmine<sup>2</sup>

<sup>1</sup> Department of Medical Surgical Nursing, College of Nursing, MTPG & RIHS

<sup>2</sup> Department of Medical Surgical Nursing, College of Nursing, MTPG & RIHS

Author Designation: <sup>1</sup>M.Sc. Nursing, <sup>2</sup>Professor

\*Corresponding author: Prithvi Ram. C

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### Abstract:

**Introduction:** Aging is a universal biological process that brings about gradual physical, psychological, and hormonal changes in both men and women. While menopause in women is widely recognized and addressed, the aging process in men, particularly the decline in testosterone levels, remains poorly understood and often overlooked. **Aim of the study:** The study aimed to assess the knowledge and experience of andropause symptoms among men attending the NCD clinic at IGGGH & PGI, Puducherry. **Methodology:** A quantitative research approach and cross-sectional descriptive design were used. A total of 269 men aged 40–70 years attending the NCD clinic were selected using purposive sampling technique. Data were collected using a structured knowledge questionnaire and the Male Andropause Symptoms Self-Assessment Questionnaire (MASSQ). Descriptive statistics and inferential statistics such as Pearson correlation and Chi-square test were used for analysis. **Results:** The study findings revealed that most participants (97.8%) had low knowledge about andropause, while only 2.2% had moderate knowledge. Nearly half (46.8%) experienced moderate symptoms, 43.9% had severe symptoms, and 9.3% had mild symptoms. The mean knowledge score was  $8.03 \pm 1.49$  and the mean symptom score was  $72.3 \pm 10.25$ . A mild negative correlation was found between knowledge and symptoms ( $r = -0.407$ ,  $p < 0.01$ ). Knowledge was significantly associated with marital status ( $p < 0.001$ ), and symptom severity was associated with leisure time activity ( $p = 0.032$ ). **Conclusion:** The study concluded that there is a poor level of awareness regarding andropause despite a high prevalence of moderate to severe symptoms among men. Enhancing awareness and timely screening could lead to better symptom management and improved quality of life.

**Keywords:** Andropause, Knowledge, Symptoms, Male Hormonal Decline, MASSQ, NCD Clinic, Puducherry.

### INTRODUCTION

Every human being goes through different stages in life starting from infancy, then moving through childhood, adolescence, adulthood, and finally reaching old age. Each of these phases brings its own changes physically, mentally, and socially. Among them, old age can be especially challenging, as it often comes with a natural decline in the body's functioning. With people now living longer than before, old age has become an important part of life that deserves more attention, especially when it comes to health and well-being. Getting older is not just a physical process it also affects how people think and feel.

As men and women age, they may face various health issues like chronic illnesses, slower movement, memory problems, and emotional concerns such as loneliness, stress, or depression. These issues can reduce their overall quality of life and need support from both healthcare professionals and the people around them. For men, one of the lesser-known effects of aging is the slow drop in testosterone levels, the main male hormone. This condition is called andropause or Late-Onset Hypogonadism (LOH). Unlike menopause in women, which happens suddenly and is widely talked about, andropause happens gradually and is often overlooked.

## **ASSESS THE KNOWLEDGE, ATTITUDE AND KNOWLEDGE ON PRACTICE TOWARDS NEEDLE STICK INJURY AMONG NURSING STUDENTS IN PUDUCHERRY**

**Prithvi Ram C, Sridevy S and A. Felicia Chitra**

Department of Medical Surgical Nursing, College of Nursing,  
Mother Theresa Post Graduate & Research Institute of Health Sciences, Puducherry

### **Abstract:**

**Background:** Needle Stick Injuries (NSIs) pose significant risks to healthcare workers, particularly nursing students, exposing them to blood-borne pathogens such as HIV, Hepatitis B, and Hepatitis C. Despite existing preventive measures, the prevalence and adverse effects of NSIs are underreported, especially in developing nations like India.

**Aim:** The study aimed to assess the knowledge, attitude, and practices (KAP) concerning NSIs among nursing students in Puducherry.

**Methodology:** A non-experimental descriptive study was conducted with 100 B.Sc. Nursing students at Mother Theresa Post Graduate and Research Institute of Health Sciences, Puducherry. Data were collected using a semi-structured questionnaire assessing knowledge, attitude, and practices related to NSIs. The data were analyzed through descriptive and inferential statistics to identify trends and associations with demographic variables.

**Results:** The findings revealed that while 87% of the participants exhibited adequate knowledge of NSIs, their practical adherence to safety protocols was suboptimal, with practices like needle recapping and inconsistent PPE usage reported. Female and senior-year students showed significantly better scores across all domains ( $p < 0.05$ ).

**Conclusion:** Although nursing students demonstrated a positive attitude toward NSI prevention, the translation of knowledge into consistent safety practices remains a challenge. The study highlights the need for enhanced training, policy updates, and institutional measures to mitigate NSI risks among nursing students.

**Keywords:** Needle Stick Injury, Nursing Students, Knowledge, Attitude, Practice.

### **Introduction:**

Health and safety are crucial in healthcare, where workers face numerous occupational hazards. Needle stick injuries (NSIs) are among the most common, exposing healthcare workers (HCWs) to blood-borne pathogens like HIV, Hepatitis B (HBV), and Hepatitis C (HCV) [1]. Despite preventive strategies—such as safer device designs and training—sharp injuries continue to occur during usage, disassembly, or disposal of sharps [2]. The U.S. Occupational Safety and Health Administration (OSHA) estimates that 5.6 million HCWs are at risk of blood-borne infections due to NSIs [3]. Nursing students, in particular, are highly vulnerable during clinical



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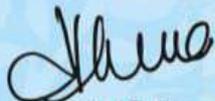
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In recognition of the publication of the paper entitled

"Nutritional Power Of Neeragaram (Neer +Aagaaram = Watery Food)- A Forgotten Traditional Food"

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# “Nutritional Power of Neeragaram (*Neer + Aagaaram = Watery Food*)- A Forgotten Traditional Food”

V. Gnanasowndharya, E. Arunthamizh

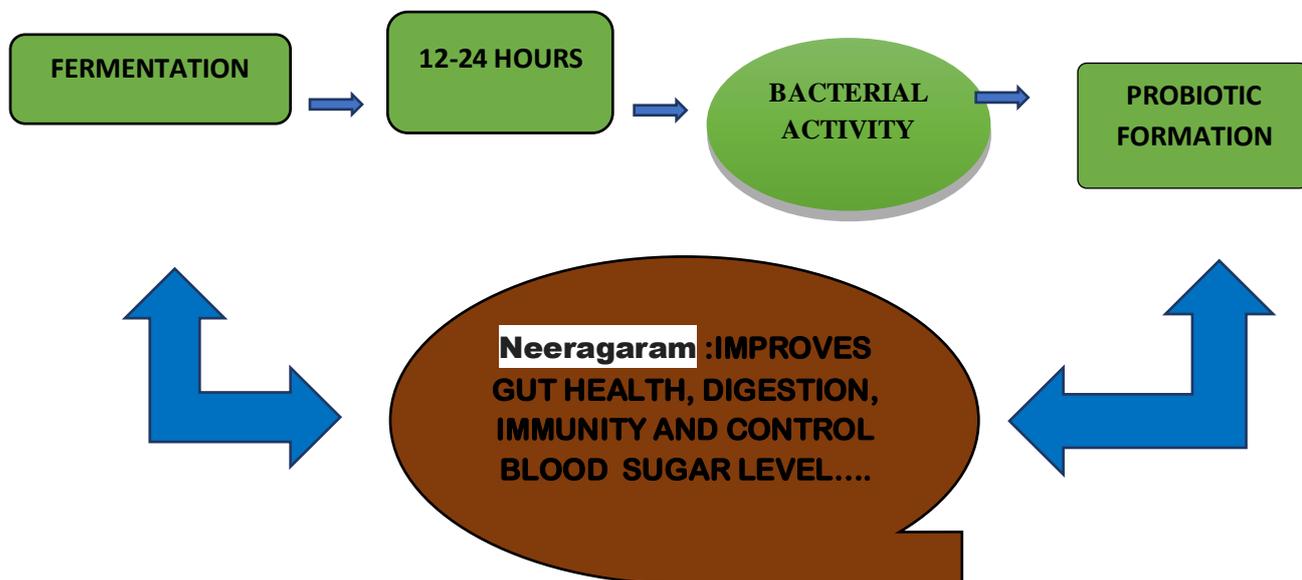
Raak Nursing and Paramedical College, Puducherry, India

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## ABSTRACT:

A forgotten traditional superfood is the best breakfast on those days has always played an important role in everyone’s life during golden ancestor period it was never about eating fancy food but something which is wholesome and healthy which is our energy booster watery diet (pazhayasooru kanji)-**NEERAGARAM**. Researchers have conducted many studies on the diet states it gives more energy booster starting from adulthood to geriatric. The fermentation process helps the probiotic, lactic acid bacteria are known to improve gut health, increase the bioavailability of electrolytes, aid in digestion, produce B-vitamins and beneficial enzymes and also it gives special attention to the diabetes patient where the blood sugar regulates when drinking this super drink. “Fermented rice is called “Pazhayasaadam” in Tamil, “Vellachoru” in Malayalam, and “Chaddannam” in Telugu. The rice water is called “Neeragaram” in Tamil.”



**Keywords:** Fermentation, neeragaram, nutrition, rice, electrolytes, digestions

## INTRODUCTION:

Fermented rice has been an integral part of the Indian diet for centuries. It’s a popular breakfast option for many people across the country and is enjoyed in various forms. Fermented rice is a part and parcel of the daily diet of farmers and laborers in India involved in intense physical activity, especially in the southern parts. If you are a person born and brought up in a village in South India, you may have nostalgic memories of having had fermented rice for breakfast along with the rice water, mixed with buttermilk and salt, and accompanied with onion shallots and a bite of green chilly.[1]

Fermented rice is called “Pazhayasaadam” in Tamil, “Vellachoru” in Malayalam, and “Chaddannam” in Telugu. The rice water is called “Neeragaram” in Tamil.[2]