



Volume 7 Issue1
Aug 18 – Aug 19

Editorial Board

Chief Editor:
Prof. Devi
Nanjappan

Deputy Editor:
Mrs. Serah Rashmi

The Pulse



From the Editors Desk

Greetings and a warm welcome to ‘The Pulse’!

We couldn't be more excited to have made it to this point. We are honored to share the work of so many dedicated and thoughtful people. This academic year has been the year of excellence of many curricular and extra-curricular activities. Our Bulletin gives the readers a glimpse of all the activities of the academic year 2018-19.

Happy Reading!!!

ASNA CORNER

GRADUATION DAY - CLASS OF 2018

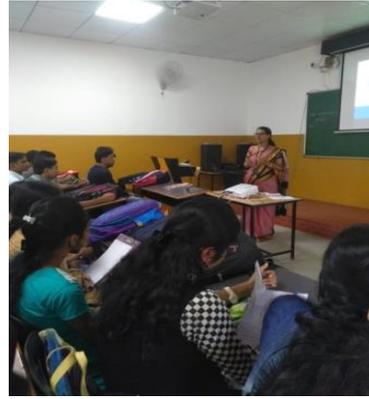
Smt. Nagarathnamma School and College of Nursing witnessed 14th graduation of the Class 2017-18 on 25th August 2018. Every year this day is celebrated with many student's success stories and memories. Dr. Chandrasekhar Muniyappa, CEO of People Tree Hospitals graced the occasion as Chief Guest, Shri. B.M Reddy was the Guest of Honor; the event was presided over by the Principal Prof. Devi Nanjappan. Ms. Babita D of final year BSc Nursing was awarded as valedictorian. Ms. Jennifer Pando MSc N, Ms. Sadikshya Gautam BSc Nursing and Ms. Pema Dechen of P.B. BSc Nursing were the best outgoing students. Meritorious awards were given to student who have done extremely well in their university and board exams. Attendance awards were given to students who have secured 100% attendance in fulfilling their curricular and co-curricular sessions. Dr. Chandrashekar Muniyappa released the Annual Bulletin of the School and college called ‘The Pulse’.



TEACHERS DAY 2018

Teachers Day is observed by the students every year with great respect and reverence. Paying tribute to the ‘Gurus’ who are in the business of transforming young minds. On this day, the teacher who has gone an extra mile during the academic year are honored and recognized for their contribution. Prof. Devi Nanjappan initiated the award for the first time in the history of Smt. Nagarathnamma School and College of Nursing, honoring and recognizing teaching faculties who have contributed towards academics and institutional excellence in extraordinary ways. The awardees for the year 2017-18 were Prof. Mariam Jaisy, HOD, Child Health Nursing, Ms. Jaisy was nominated for the ‘Teacher of the year award 2018’ for her contribution towards teaching subjects outside of her expertise. Mrs. Radhika AB, Asst Prof. Department of Medical Surgical Nursing, was recognized and awarded for her “Shepherding” quality towards mentoring and mending the freshmen of the institutions. Mrs. Serah Rashmi, Asst.Prof. Department of Psychiatric Nursing was recognized for the contribution towards NAAC, Cycle 2 and her voluntary initiatives towards institutional goals. The awardees were awarded with certificates, letter of commendation and text books. Prof. Devi Nanjappan, Principal also took this opportunity to encourage and motivate all the new faculty to assimilate into the culture of the institution and contribute towards excellence at their best.





INDUCTION PROGRAMME 2018-19

Induction program is an initiative to groom the overall personality of students and make them acquainted with the culture of the institution. The induction program for the students of First Year B.Sc. & GNM. Nursing was held from 3rd September 2018 to 17th September 2018. The Induction program is organized by the Batch Incharge of B.Sc. Nursing 1st Year i.e. Mrs. Chitra. G Assistant Professor) and Mrs. Deepthi (Assistant Lecturer). The aim of the program is to provide a bird's eye view about various dimensions of nursing and the career opportunities for the students and to acquaint them with the system and proceeding of the college. Different committees and activities of the college were described to the students in a spreading it across for 10days. Student handbook, rules and regulations of the college was also briefed.

SELF DEFENCE CAMP

MISSION SAHASI

THE MARTIAL ARTS TRUST

A Large exhibition cum training on martial art program was arranged on 30th Oct 2018 at central college ground Bangalore at 10.30 am, thousands of young girls took take part in this daylong event and learnt basic art to self-defense and boost their self-confidence. The project was mentored by the Grand Master Pravin Ranka who has trained some of the finest security forces in the country. We strongly believe that such programmes would help build confidence in many young women who have the skill & will to achieve wonders. First year BSc N & GNM students the freshmen were part of the event. The program is specifically customized keeping in mind the threats faced by common women in their daily circumstances and in the company of known and unknown people **“Making of the Fear”** is the tagline of the project.



NURSING DEDICATION CEREMONY

THEME: INSPIRE | INNOVATE | INFLUENCE

Smt. Nagarathamma School & College of Nursing observed the Nursing Dedication Ceremony of the 15th batch of GNM & BSc. N Novice nurses on the 1st December 2018. This auspicious occasion was graced by Dr. Kathyayani, Principal, NIMHANS College of Nursing. The Programme started by invoking almighty's blessing and lighting the inaugural lamp. Theme for the year was unfolded by the Principal enlightening the audience on the theme and the logo. The students sang the prayer song, took their oath and sang their dedication song as a mark of committing and dedicating oneself to the profession as budding nurses. Presidential address was given by Prof. Devi Nanjappan highlighting on the road map of the college for the academic year 2018-19 and emphasizing on certain achievements of the institution in the last academic year. Chief Guest Dr. Kathyayani spoke on the importance and future of nursing profession.



CARNIVAL EQUIPO

SNA SPORTS & CULTURALS

Smt. Nagarathamma College and School of Nursing has a long history of supporting cultural growth both inside and outside the classroom. In order to identify the hidden talents among the students the College conducts the cultural programs for overall development of its students in dance, music and fine arts. In the beginning of every year the students are encouraged to perform on stage, to participate in various events and

competitions, both intra and inter college. The institution can proudly claim to provide its support to the long standing commitment towards education and extracurricular activities.

At the beginning of the academic year SNA office bearers are elected from the nominees who were unanimously proposed by the students. The students were divided in to three groups irrespective of course and year of study. Each group Pegasus, unicorn and phoenix had 81 odd students and most of the students participated in various events to show their competitive streak. This year Sports and cultural events were organized by SNA unit and the theme was Carnival Equipo 2018. The meet was conducted during Nov 20th to 23rd 2018. The first two days that is 20th and 21st was dedicated to sports event and later days were for cultural events. The cultural events on 23rd were judged by Mr. Akhil Raj faculty of Vagdevi College of Nursing. The events on 22nd were judged by Dr. Kavitha and Dr. Girija of Acharya Institute of Education.



BHUTAN NATIONAL DAY

On the 18th of December, Smt. Nagarathamma School and College of nursing, observed Bhutan national day with great reverence and honor. The proud Bhutanese celebrated their National day with pride and loyalty. They started the celebration by singing their National Anthem. They presented the rich tradition and culture of their country with the help of power points.



The students came in their National attire which was stupendous. The students Ms. Deki and Ms. Rinzin specifically highlighted the important values and remarkable achievements of their country. The first year students witnessed the program and were excited to know about our neighboring country Bhutan.



INVESTITURE CEREMONY

Leaders are not born but are made by their experiences in life". To inculcate the leadership qualities in students and to give them a feel of functioning of the administrative body, the SNA formulates a SNA body which is for the student, of the students and by the students. At the beginning of the academic year SNA office bearers are elected from the nominees who were unanimously proposed by the students. The elections to the council were held in the college on 14.11.18 and the council members won the post by marginal votes as it was a tough competition. On the 11th January, 2019, the college witnessed its solemn ceremony, where the elected council members formally appointed by the students consisting of 7 members were introduced by Prof. Mariam Jaisy, SNA advisor. After which there was a recitation of investiture pledge by the principal and president of SNA Prof. Devi Nanjappan. The students were conferred to the post by bestowing the badges to the office bearers by Principal passed the mantle of responsibility to Ms. Aviyana Pradhan Vice President(UG) , Ms. Aishwarya Lee Jacob Secretary, Mr. PritamDey, Treasurer, Mr. Mohd. Sadique, Cultural Secretary , Ms. Akshaya Rose, Ms. DikshaDahaJoint Secretary and Mr. Arpan Biswas, Sports Secretary. The council members were congratulated on their new post and wished success and victory in all their endeavors.



SMT. NAGARATHNAMMA JAYANTHI

Every year Smt. Nagarathnamma Jayanti is commemorated on 11 January with fond memories and by organizing special program in honor of our patron. This year it started with a puja followed by cake cutting. A health camp for all the housekeeping staff and a visit to old age home of Little Sisters of the poor at Hennur Road was organized to mark the remembrance of Smt. Nagarathnamma birthday.

Hands that help are better than the lips that pray!

Little Sisters of the Poor are charitable home which cater to the needs of old age that are abandoned by their children. These homes take care of downtrodden individuals of society and give them an identity, respect and maintain the integrity of such individuals. There are 50 inmates who are under the care of the Little sisters of the poor. The work they do is so humble that we see the hand of God in each one of them. The students were so moved by their work and some students pledged that they would do free service on the weekend. The students of our college out of their goodwill donated groceries for the inmates who reside in the home.



ACHARYA HABBA

Smt. Nagarathamma School and College of Nursing caters to overall development of the students. Acharya Habba is one such mega platform students are offered by the management and respective colleges. The students participated in various events that were organized by the Acharya Habba team. Students along with faculty participated in events like mi-stori in batches, and were highly motivated by the great orators. Our students participated and won in events like 100 & 200mts, shot put, long jump and master chef. One of our students was the runner up in la- seniorita contest. Apart from students participation faculties also participated in Hoggathon, football, musical chair, lemon and spoon and faculty has got talent. 8 students from our institution participated as volunteers for Habba and enhanced their leadership skills.



SWACHHTA PAKHWADA (CLEAN INDIA MOVEMENT)

SwachhataPakhwada started in April 2016 with the objective of bringing a fortnight of intense focus on the issues and practices of Swachhata by engaging GOI Ministries/Departments in their jurisdictions. This year it was observed between 1 to 15 March. Students of Smt. Nagarathanamma school and College of nursing participated in this program which was conducted by ESIC, Hospital Peenya, students presented skit on segregation of household waste. All the students of second year GNM and final year presented beautiful skit on segregation of household waste according to the category of wet and dry, the skit also had the message of importance of keeping clean the surroundings and also gave information about environmental sanitation. Students were accompanied by Asst. Professor, G. Kavita Reddy. The skit was presented on 14/05/2019 at Reception of ESIC hospital for the easy access to Public. The skit grabbed the attention of public and group asked so many doubts and also got clarification.



INTERNATIONAL DAY OF YOGA

International Day of Yoga (IDY) also referred to as Yoga day is celebrated every 21st of June since its inception in 2015. Smt. Nagarathnamma School & College of Nursing took an initiative to mark the IDY in advance this year. One day workshop was organized on the theme *"Yoga with the Gurus,"* with an aim to create awareness and initiate participation among the young minds. First year B. Sc and GNM nursing students participated in the event. Mrs.Renu yoga instructor highlighted on importance & practice of yoga, meditation, spreading awareness about yoga adopting it in one's lifestyle by discussing its benefits on physical and mental health of an individual. Students performed asana's under the supervision and guidance of Mrs. Renu along with two other faculty coordinators Mrs. Baby Rani G and Mrs. Elaiyarasi. It was a rejuvenating experience.



INTERNATIONAL NURSES DAY- MAY 2019

Smt. Nagarathamma School & College of Nursing celebrated International Nurse's Day in collaboration with ESIC Hospital Peenya. Nurses Day is celebrated around the world marking the birth anniversary of Florence Nightingale's pioneer of modern Nursing. Every year International Council for Nurses gives out the theme and nurses across the globe celebrate and observe the day based on the same theme. This year's theme: 'Nurses: A voice to lead – Health for All'. Mrs. Indiramma, Retired In-charge deputy nursing superintendent, the chief guest for the day addressed the gathering and highlighted the theme. The first year GNM Student Nurses of Smt. Nagarathamma School and College of Nursing participated with full enthusiasm in various cultural events and won prizes.



Women's Cell

WORLD LITERACY DAY

World Literacy Day aims to highlight the importance of literacy to individuals, communities and societies. Celebrations take place in several countries. As a part of health and life sciences institutions, Smt. Nagarathamma School & College organized seminar on world literacy day with theme on **“literacy and skill development”** Mrs. G Kavita Reddy Women's cell coordinator presented on literacy and skill development, which emphasized on modern concept of literacy, state wise literacy rates in India, efforts by authorities to improve literacy, health impacts of illiteracy, India's skill workforce, Pradhan mantra Kaushal Vikas Yojna, skill development, life skill, soft skills, skills in nursing, basic skills required in nursing. Students attended the presentation with enthusiasm and excitement,



participation was active and most of the talk was discussion with the student crowd.

INTERNATIONAL WOMEN'S DAY 2019

“THINK EQUAL, BUILD SMART, INNOVATE FOR CHANGE”

International Women's Day (March 8) is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity. No one government, NGO, charity, corporation, academic institution, women's network or media hub is solely responsible for International Women's Day. Many organizations declare an annual international women's day theme that supports their specific agenda or cause, and some of these are adopted more widely with relevance than others. International Women's Day is a collective day of global celebration and a call for gender parity. International Women's Day is all about unity, celebration, reflection, advocacy and action - whatever that looks like globally at a local level. But one thing is for sure, International Women's Day has been occurring for well over a century - and continues to grow from strength to strength. Learn about the values that guide international women's day ethos. As nursing is a female dominant profession, Smt. Nagarathnamma School & College had 2 days of women's day celebration on 8th and 9th March 2019 were in Day 1 students performed skit followed by games and other fun and entertaining activities for female faculty and students. Day 2 women's cell of college conducted 1 hr seminar on about “Rights of women in all walks of life” by Dr. Jayashree, Dean Acharya School of Law.



INTERNATIONAL DAY OF ACTION FOR WOMEN'S HEALTH 2019

Every year, International Day of Action for Women's Health is celebrated on 28th May with a view to create awareness and improve women's reproductive and sexual health globally. The Department of OBG Nursing and Women Cell of Smt. Nagarathnamma School & College of Nursing observed the day at ESIC Hospital Peenya. Students educated the Postnatal mothers and other woman caretakers on Personal Hygiene with more emphasis on reproductive health and menstrual hygiene as the postnatal mothers are more susceptible to many infections.



Workshops and Conferences

On 23rd October 2018, International Conference was held on “Redefining Health Care Practices” at Hotel ITC Windsor Bengaluru. Mrs. Amba & Mrs. Mercy Deva Priya participated in the event. Welcome note was delivered by the Deputy Regional manager of ISDC. Mr. Joel Cutinho-Head Key projects –ISDC delivered the key note address. The guest speakers were Mr. Sam Wooding’s –International Business Manager and Ms. Julie Edgar Dean-School of Health and life Sciences. University of West Scotland. Ms. Edgar spoke about the Graduate Certificate in Health care practice- is a test preparatory program for career enhancement developed by ISDC in conjunction with the University of the West of Scotland (UWS).

Mr. Sam Wooding emphasized on the National Health Services (NHS) UK and the various benefits of working in NHS hospitals. There is a severe shortage of nurses in UK and various health care challenges faced by UK in terms of aging population, large population with Diabetes etc. He also highlighted the benefits and salary packages for nurses working in NHS hospitals.

NURSING CAREER – A GATEWAY TO BRIGHT FUTURE

Nursing is an emotionally fulfilling and personally rewarding career, with excellent job prospects, a wide range of areas to specialize in, and strong salaries. Graduates of nursing school enjoy high starting salaries in comparison to their peers in other industries, because nurses are in higher demand than ever before. The event was organized by Smt. Nagarathnamma College and School of Nursing on 19th December 2018 for the freshmen of the institutes I BSc N & I GNM students. They were given inputs and insights on the future of nursing and how to build a prospective career India and Abroad. Experts from various premier institutes across Bangalore gave their best inputs to the budding nurse



PRIMARY INITIAL ASSESSMENT IN TRAUMA CARE

The primary survey is the initial assessment and management of a trauma patient. It is conducted to detect and treat actual or imminent life threats and prevent complications from these injuries. It is imperative for first responders to learn and understand the initial assessment to avoid the dangers or complications of delayed response. Smt. Nagarathnamma School & College of Nursing organized an international conference in collaboration with Umea university, Sweden on 17th November 2018.



The session began with a formal welcome by Prof. Devi Nanjappan after which Dr. Pia Hedberg and Ms. Mitzie took over the session on primary initial assessment in trauma care and gave details on the importance of primary assessment and how it is done using simulation video as done at Umea university hospital, she emphasized that it is very important for first responders to be aware of the assessment to avoid the dangers of complication and triage the victim as per need.

SKILL TRAINING WORKSHOP AMERICAN SAETY HEALTH INSTITUTE – FISRT AID TRAINING

On the 12th & 14th of December 2018, American Safety Health Institute, First Aid Training was organized by Centre for Nursing Development for the First Year GNM & BSc N students. Each session had 12 participants and trained by 2 trainers for a 5hour module. The module consists of topics on various emergencies like fainting, hemorrhage, seizures, cardiac arrest and fracture etc, hands-on training and skills were taught to the students and return demonstration was taken from each participant on the skills learnt. Dr. Emmanuel Kenneth David and Mr. Mike Raphael were the instructors for the event.



FIRST AID TRAINING FOR NSS VOLUNTEERS

On the 12th September 2018, about 81 NSS Volunteers of AIGS were trained in various First Aid skills with an objective to equip volunteers to handle emergency. They were trained on emergencies like handling burns victim, acting out during bleeding and hemorrhage, managing the victim with seizures and fainting, moving a victim from the place of accident without causing more damage, stepping in for help during stings and being a good Samaritan in case of a cardiac arrest or non-responsiveness. The workshop was organized by Mrs. Serah Rashmi, Asst professor of psychiatric Nursing coordinating with Mr. George Varied, NSS officer AIGS. Event started by a key note address by the principal Prof. Devi Nanjappan, Mrs. Mariam Jaisy and Mrs. Amba V, were the moderators who were the overseers for the event. It was a small group teaching, each group had 13 volunteers who were trained under a particular-trainer for a specific skill set. The nursing faculty's were the instructors for the event.



BASIC LIFE SUPPORT – AMERICAN HEART ASSOCIATION TRAINING

BLS Training was conducted for the final year GNM and BSc Nursing Students. 40 students were trained and certified on BLS through the centre for Nursing Development on the 5th & 7th of March 2019. Trained and certified Instructors mentored the students and made sure that the students.....



.....Grasped the skill set required to perform in critical care set ups and in emergencies. Each student got their certification through the American Heart Association. Dr. Kenneth Emmanuel David and Mrs. Lincy were the instructors for the training.

Community and Outreach Activities

Rabies is an infectious viral disease. It is always fatal by the time its symptoms start, but it is entirely preventable. Despite this, an estimated 59000 people die from rabies every year in the world, with 90% of deaths occurring in children living in rural areas of Africa and Asia. Final year B.Sc Nursing students of Smt. Nagarathamma Nursing College conducted survey of the area to find out the potential risk for dog bite. Students collected history of any notified cases of dog bite in the area and given health education on preventive measures and importance of seeking medical care immediately after dog bite. They also educated people specially children about dogs behaviour and body language to prevent from bites, post exposure vaccination in case of a dog bite. They also educated about Do's & Don't after dog bite.



COMMUNITY AWARENESS PROGRAM ON PREPARATION OF ORS FOR PREVENTING DIARRHEA

Students of Smt. Nagarathamma Nursing College visited houses where mothers of under five children could be educated. Students collected history of diarrhoea after initial survey of the families around the Acharya campus and visited houses of notified diarrhoea cases and educated mothers about the importance of glucose electrolyte solution and home preparation of ORS in prevention and management of acute diarrhoea and dehydration.



MALARIA DAY READY TO BEAT MALARIA

Final year B.Sc Nursing students of Smt. Nagarathamma Nursing College visited houses of all around the Acharya campus after initial demographic survey of the families to assess the risk factors associated with malaria such as open drainage, insanitation, improper personal hygiene and notify the malaria cases for its control and prevention. Public were educated through house to house visit using charts and handouts regarding epidemiological features of malaria and their prevention. Contact number is given to those at risk for malaria to notify any incidence of malaria bites for treatment.

Educational Visit Fortis Escorts + Indian Red Cross

Final year B.Sc and GNM Nursing students visited **Fortis Escorts**, New Delhi Fortis health care, accompanied by Mrs. Manjula T and Mrs. Gincy Samuel. Escorts health institution and business centre established in 1988, escorts celebrated 25 years of cardiac excellence in 2013 with 56 hospitals across the nation. Today it is recognized world over as a centre of excellence providing the latest technologies in cardiac bypass surgery, international cardiology, non-invasive cardiology, pediatric cardiology and pediatric cardiac surgery. The hospital is backed by most advanced laboratories performing complete range of investigations test in the field of nuclear medicine, radiology, biochemistry, transfusion medicine and microbiology.



A visit by Final Year Diploma and Graduate Nursing students to **Indian Red Cross Society National Headquarters**, New Delhi was on the 22 January 2019. The Indian Red Cross is a voluntary humanitarian organization having a network of over 700 branches throughout the country, providing relief in times of disasters/emergencies and promotes health & care of the vulnerable people and communities. It is a leading member of the largest independent humanitarian organization in the world, the International Red Cross & Red Crescent Movement. The movement has three main components, the International Committee of Red Cross (ICRC), 187 National Societies and International Federation of Red Cross and Red Crescent Societies. The Mission of the Indian Red Cross is to inspire, encourage and initiate at all times all forms of humanitarian activities so that human suffering can be minimized and even prevented and thus contribute to creating more congenial climate for peace.

Foreign University Visit
NEATH PORT TALBOT GROUP OF COLLEGES, WALES.UK

The team of eight members from the NPTC group of colleges, Wales, UK visited the Nursing college on 13th May 2019. The meeting was held at MBA board room and was headed by the Principal, Prof .Devi Nanjapan, Dr.Srinivas and Dr.Maneesh Paul Research Head iARC and participated by nursing faculty.

The guests were welcomed by the Principal followed by an introduction by Dr. Maneesh. A brief presentation of the Nursing college was done by Mrs. Mercy; IQAC Coordinator .This was followed by a detail discussion with the delegates on OET (Occupational English test) training program. The meeting ended with a success note, on both Institutions looking forward for a fruitful collaboration.The delegates were impressed with the functioning of the institution and willing to collaborate in the Occupational English training programme for nursing students.



STATE LEVEL CONFERENCE ON QUALITY ASSURANCE IN NURSING EDUCATION.

Quality assurance is now a major consideration for service providers especially health services. Nursing combines scientific principles & technical skills to achieve quality care. Nursing education contains variety of disciplines from the formal, academic to impromptu learning & teaching. Maintenance of quality in nursing education is the responsibility involving both academic & supportive staff. This conference looked at how quality assurance in nursing education, practice can provide holistic health care service.Resource person from various eminent institutions Dr. Bala Murugan from Ms. Ramaiah Institute of Nursing Education and Research, Dr. Kathyayani from NIMHANS, Dr. Umadevi AK from Kempegowda College of Nursing and Prof. Anusuya From ESIC College of Nursing. Delegates from various nursing colleges both faculty and students were part of the event.



Journal Club

Journal club is an initiative towards faculty development programme. The teaching faculty and post graduate students meet every fortnight to discuss on current and innovative topics in education, practice and research to keep themselves updated and upgraded on the recent and emerging trends in the profession. Here's a glimpse.



Administrative Visits

Final year B.Sc and GNM Nursing students along with post graduates are taken to administrative visits to various nursing colleges and hospitals to fulfill their nursing administration requirements and to make them understand the functioning of premiere institutions in real time so that students get an opportunity to apply theory to practice. Some of the institutions are: Government College of Nursing, Commando Hospital and College of Nursing, Ramaiah Institute of Nursing sciences and Research centre, St. Philomena's Hospital and College of Nursing.



GOVERNMENT CON



RAMAIAH INSTITUTE OF NURSING SCIENCE



ST. PHILOMINAS CON



Field Visits

Field visits or Industrial Visits are special visits arranged for students in order to fulfill the requirement of the students which adds value to their ongoing course. Every year students are sent to Family Planning Association of India, Leprosorium, Nightingales Dementia Trust, Medico Pastoral Association of India, Karunashraya. They are sent with an objective to learn and also serve the needy community.



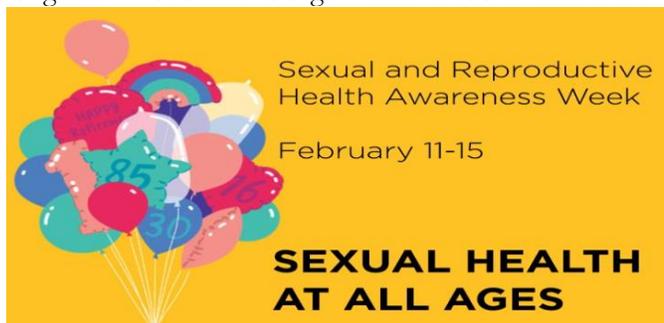
Departmental Activities

Department of Obstetrics and Gynecological Nursing WORLD BREAST FEEDING WEEK - AUGUST-2018

On account of World International Breast Feeding Week, the Department of Obstetrical and gynecological Nursing organized a health education programme for antenatal and postnatal mothers at Abbigere PHC, on the theme '**BREAST FEEDING; foundation of life**'. The program began with a brief introduction of world breast feeding week 2018 by Mrs. Manjula.T followed by a role play about the importance of breast feeding by 4th year B.Sc Nursing students, thereafter talk on cultural practices and myths related to breast feeding by Mrs.Chitra.G.



I & II Year M.sc Students of OBG department have organized seminar on sexual and reproductive health awareness week at Smt. Nagarathnamma College of Nursing to create awareness among the final year B.Sc and GNM students about importance of sexual and reproductive health. About 30 students were taught on the importance of awareness on sexual and reproductive health. Mrs. Manjula T Asst Professors of Obstetrics and Gynecological Nursing Department along with M.Sc students organized and coordinated the event.



INTERNATIONAL DAY OF ZERO TOLERANCE FOR FEMALE GENITAL MUTILATION AWARENESS

'Zero tolerance for Female Genital Mutilation', is a United Nations-sponsored annual awareness day that takes place across the globe as part of the UN's efforts to eradicate female genital mutilation. It was first introduced in 2003. The practice is found not only in Africa, Asia and the Middle East but also in India. Female genital mutilation (FGM) is practiced in India by some groups. The objective of the seminar was to sensitize the students on female genital mutilation. The selected group was final year students of BSc Nursing and GNM including the post graduate students attended the awareness Seminar. Asst. Prof. Manjula.T, Head of Department OBG Nursing was the speaker for the day. About 35 students participated in the seminar.



Department of Medical Surgical Nursing

EYE DONATION DAY

The event was organized by the Department of Medical and Surgical Nursing of Smt. Nagarathnamma College of Nursing in association with Dr, Rajkumar Eye Bank, Narayana Nethralaya. The main objectives of the programme was to create awareness among the people about the importance of eye donation and to educate the people to clear their doubts about eye donation and to get consent for eye donation. The awareness was created through a role play and a flash mob by the students of GNM 2nd year and 3rd year in front of MBA block in Acharya Institute Campus. After the programme the students circulated the eye donation forms among the people those who were willing to donate their eyes and taken consent for eye donation and the consent forms are handed over to the Dr. Rajkumar Eye Bank, Narayana Nethralaya. The students actively participated in the programme and good feedback was received.



WORLD SPINAL CORD INJURY DAY

5th September is a day for global spinal cord injury day which is celebrating across the globe to educate the people about the importance of spinal cord injury day. Spinal cord injury is a life threatening condition but we can all avoid it by taking some simple steps in our life which will reduce the mortality rate from spinal cord injury in our country as well as all over the world. The event was organized by Mr. Rahul Shil, Assistant Professor, Department of Medical and Surgical Nursing of Smt. Nagarathnamma Nursing College. The main objectives of the programme was to educate the students about the importance of spinal cord injury, what happens after a person suffers spinal cord injury and what are the simple steps we can take in our life to avoid such injury. The session was taken for about 1 hour and after the ending of the session question was asked about the spinal cord injury and as well as students asked question to clear their doubts.



GLAUCOMA AWARENESS DAY

First year B.Sc Nursing students of Smt. Nagarathamma Nursing College organized one day awareness program on prevention of glaucoma at OPD of ESIC on 15th Mar 2019. Students motivated the patients and their relatives to have regular eye check up including optic nerve examination. Need for glaucoma investigations were explained by the students using flash cards and pamphlets.



TB AWARENESS PROGRAMME

Karnataka State Tuberculosis Unit Organized State level TB awareness programme on 24.03.2019. II Year B.Sc (), II& III Year GNM students and faculty of Smt. Nagarathamma School & College of Nursing set out to create awareness among general public through rally from Bangalore Medical College to KR Market followed by street play. Thereafter awareness by experts to Medical and Nursing students all over Karnataka at BMCRI Auditorium. Few Eminent Speakers were Dr. Somashekar, Director, National Tuberculosis Institute, Dr. Prabhakar, Director, Health and Family Welfare, Dr. Amareesh, Drug Controller, Karnataka, Dr. Manjula, Joint Director, Health and Family Welfare and Dr. Ravikumar, Dr. Vaibhav Gule. Faculties of Medical Surgical Nursing and Community Health Nursing Department participated and coordinated the event.

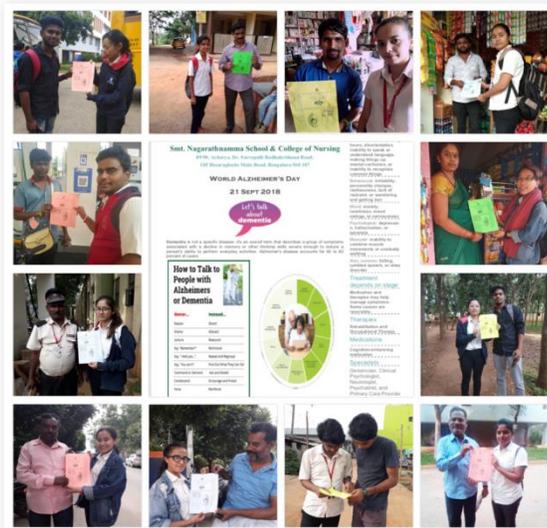


Department of Psychiatric Nursing

WORLD ALZHEIMER'S DAY

21st of September is observed as world Alzheimer's day every year across the globe. WHO along with ARDSI and other organizations after considering its gravity has been campaigning in a large way. It is believed that every 3 seconds, someone in the world develops dementia. And by 2050, the number of people living with the condition will have tripled.

We need care today - and research for a cure tomorrow. Considering the appalling statistics, the Psychiatric Nursing Department of Smt. Nagarathamma School and College of Nursing campaigned to the public on by distributing handouts on Dementia and Alzheimer's. II & III GNM students were part of the campaign and spread awareness.



WORLD SUICIDE PREVENTION DAY 2018

World Suicide Prevention Day (WSPD) is an awareness day observed on 10 September every year, to provide worldwide commitment and action to prevent suicides, with various activities around the world since 2003. Department of Psychiatric Nursing, Smt. Nagarathamma College of nursing organized and observed world Suicide Prevention Day in a big way with an aim of creating awareness regarding suicide prevention and reaching young tangled minds and thereby creating purpose to life. The event began with a formal welcome by Mrs. Serah Rashmi followed by song performance by Mrs. Zanbeni Prasad and talk by Dr. Benny Prasad. He emphasized on how purpose can meet passion and one can make life worth living. He encouraged the gathering to never give up no matter the circumstances is. Mr. Jo from the Break through team an outbound organization conducted activities and kept the enthusiastic crowd active. Finally, there was a talk by Mr. Daniel Madapur on 'say no to suicide Speak life' followed by a brief session of Q & A. The event was wrapped up by a vote of thanks and felicitating the guests by Mrs. Mercy Devapriya. The first year GNM students put up beautiful posters regarding suicide prevention.

The event had a high impact rate and many went home with the message of creating awareness on prevention of suicide.



WORLD MENTAL HEALTH DAY 2018
THEME: YOUNG PEOPLE AND MENTAL HEALTH IN A CHANGING WORLD

10th October every year is a day for global mental health education, awareness and advocacy against social stigma, and is observed as world mental health day across the globe. This year the day was observed in collaboration with icare group Acharya institutes. The event was organized by Mrs. Serah Rashmi & Mrs. Mercy Devapriya; Assistant Professor, Department of psychiatric nursing. With regard to the theme of this year world mental day Dr. Divya Nallur was invited to deliver a talk on the theme. The session started off by a formal welcome by Mrs. Serah Rashmi, after which an elaborate and convincing talk was delivered focusing mostly on addictions of various sorts (substance & technology). Followed by an extensive session on Question & Answer which was lead by Mr. Tarun & Mr. Shubam (icare representative), these lead questions came up after an extensive survey that was conducted across Acharya Institutes. The speaker with lot of her patience made sure every single burning query and concern was been answered and left no stone unturned. The session wrapped by channelizing the audience towards positive mental health and well being.



**DEPARTMENTAL SEMINAR
ON
ADOLESCENCE MENTAL HEALTH AND CHALLENGES**

Department of Psychiatric nursing Mrs. Serah Rashmi, Mrs. Mercy Devapriya and Mr. Manohar organized a talk on adolescent mental health and addictions of different sorts and ways to overcome. Mr. Albert PJ, De-addiction therapist, founder of Abhayam, NGO was the speaker for the day. The event started by brief introduction and welcome speech by Ms. Bernice, III BSc N student. Followed by a talk on adolescent mental health mostly focusing on addictions of various kinds and ways to overcome it. The speaker highlighted on gadget addictions which is the need of the hour and suggested the student's practical ways of combating the same. The session was informative and educative, it also gave an opportunity for the students to ask questions and clarify their doubts. The session came to an end by a vote of thanks by Ms. Subu III BSc N student and handing over the memento to the guest speaker by Prof. Mariam Jaisy.



WORLD NO TOBACCO DAY 2019

THEME: "TOBACCO AND LUNG HEALTH"

Every year, on 31 May, the World Health Organization (WHO) and global partners celebrate World No Tobacco Day (WNTD). The annual campaign is an opportunity to raise awareness on the harmful and deadly effects of tobacco use and second-hand smoke exposure, and to discourage the use of tobacco in any form. The focus of World No Tobacco Day 2019 is on "tobacco and lung health." The aim of the campaign was to serve as a call to action, advocating for effective policies to reduce tobacco consumption and engaging stakeholders across multiple sectors in the fight for tobacco control.

Psychiatric Nursing department of Smt. Nagarathamma School and College of Nursing organized the campaign and the nursing students created awareness among students, shopkeepers, construction workers, different stake holders on the negative impact that tobacco has on people's lung health, from cancer to chronic respiratory disease and the fundamental role lungs play for the health and well-being of all people.



Department of Child Health Nursing

WORLD CEREBRAL PALSY AWARENESS DAY 2018

5th of October is observed as world cerebral Palsy awareness day every year across the globe. The main aims of the day are to raise awareness of cerebral palsy. To ensure that children and adults with cerebral palsy are not discriminated against and receive the same rights and opportunities as the rest of our society, and also to celebrate the lives and achievements of those both who suffer from cerebral palsy and the individuals and organizations who support them. II & III GNM students set out to create awareness among the postnatal mothers and parents attending Pediatric OPD in Sathagiri Hospital. About 25 parents were taught on the importance of the disorder and impact it has on the individual and family. Flyers/ handouts were also distributed.

CHILDREN'S DAY

All the students of second and third year GNM of Smt. Nagarathamma School and College of Nursing, accompanied by Asst. Professor, G. Kavita Reddy, women cell coordinator and Asst. Lecturer Nagammal M. reached Sasuveghatte by 11.30am, the team organized games and other activities for 15 children between the age of 3-5 years followed by snacks and chocolates distribution. Later to that our team went to the primary school and organized fun activities for 35 children between the age of 6-12 years, the fun activities were, dance, song, mimicry, poem reading etc. Group was very happy as they got a chance to express their talent before our team. Program was finished by 01.30 pm.



WORLD MEASLE AWARENESS DAY 2019

Measles Immunization Day is celebrated on **22nd March** to make people aware about this deadly disease and how they can deal with the same. There is no specific treatment for measles but there is a vaccine to protect from the disease, which is both safe as well as cost effective. II BSc Nursing students set out to create awareness among the antenatal mothers and parents attending Chikkabanavara PHC at Dwaraka Nagar. About 30 antenatal and parents were taught on the importance of the disorder, its transmission and prevention with the help of placards and pictures. Prof. Mariam Jaisy, Mrs. Amba & Mrs. Kavita Reddy Asst Professors of Child Health Nursing Department organized and coordinated the event.



DOWN SYNDROME AWARENESS DAY

Students of second and third year GNM created awareness to mothers who are attending antenatal clinics and also those who were admitted in postnatal wards about prevalence, causes and preventive measures of Down syndrome. Students prepared charts and also handouts in attractive ways to catch the attention of the crowd. Mothers were attentive to the session as many were hearing for first time.



AV AIDS EXHIBITION

Smt. Nagarathnamma School & College of Nursing organized an exhibition on AV aids as part of II year B.Sc Nursing and I year M.Sc Nursing requirement on 1st May 2019. Students prepared various projected and non-projected AV aids and were displayed through models, charts, specimens, Bulletin Board, computers etc. Students participated with enthusiasm and invited teachers and other class students for the exhibition.



NSS ACTIVITIES

NATIONAL POLLUTION PREVENTION DAY

Under the guidance of Principal, NSS officer planned the program of sapling plantation in Govt. School premises, Abbigere on 10.12.2018 as a part of National Pollution Prevention Day. The programme started with talk on Importance of Prevention & Control of pollution day followed by sapling plantation. NSS volunteers actively took part in all activities like ploughing, planting, watering etc. NSS Program Officer & volunteers encouraged and motivated the school children. Around 10 sapling of Fig, Oak was planted successfully. 56 NSS volunteers actively participated in planting. All were enthusiastic throughout the programme. After the plantation students promised that they will take care of them and also of the plants and trees in their surroundings. They also promised that they will not harm them, cut them and will plant more and more trees.



HUMAN RIGHTS DAY 2018

70th Anniversary of Universal Declaration of Human Rights was observed by NSS on 10.12.2018 at Primary Health Centre Abbigere, Bengaluru. Human Rights day 2018 was observed by NSS on theme “Stand Up for Human Rights”. Mrs. Elaiyarasi NSS Program Officer created awareness among general public regarding Basic Human Rights through Health Education. The Objectives was to promote the awareness about human rights among the people all around the world, to emphasize the endeavors of the assembly in order to progress the overall human rights conditions, to get together and celebrate in cooperation to discuss and highlight the specific issues of the human rights and to encourage the vulnerable group of people like women, minorities,

youth, poor, disabled person and etc to take part in this event celebration and political decision making.



INTERNATIONAL VOLUNTEERS DAY

International Volunteer Day (IVD) was designated by the United Nations in 1985 as an **international** observance **day** to celebrate the power and potential of volunteerism. International Volunteer Day is a chance for individual volunteers, communities and organizations to promote their contributions to development at the local, national and international levels. International Volunteer Day was observed by NSS on 10.12.2018 at Primary Health Centre Abbigere, Bengaluru. NSS unit celebrates volunteer efforts that strengthen local ownership and the resilience of the community in the face of Health care needs. Dr. Ravi Shankar Medical Officer, Primary Health Centre Abbigere, Bengaluru encouraged and motivated our NSS Volunteers to actively take part in community and NSS activities by his speech in which he quoted the following statement “Volunteers are often the first to act in times of crisis, helping millions to survive despite the risks. Their work upholds our common humanity.” He also imparted knowledge about importance of participating in NSS activities, Community outreach programmes.



WORLD MALARIA DAY 2019

World Malaria day 2019 was observed by NSS on theme “Zero Malaria Starts With Me”. Mrs. Elaiyarasi NSS Program Officer created awareness among general public regarding Malaria causes, symptoms and prevention through Health Education followed by Rally at PHC Abbigere.

NSS volunteers actively participated in IEC activities followed by Distribution of Pamphlets related to

malaria and its prevention to general public at Primary Health Centre Chikkabanavara with the objective of to educate and raise awareness about the Malaria and its prevention, encourage to adhere to malaria treatment and educate NSS volunteers role in survey, diagnosis, treatment and prevention of malaria.



WORLD EARTH DAY 2019

World Earth day 2018 was observed by NSS on theme “Protect our Species”. Mrs. Elaiyarasi NSS Program Officer created awareness among general public regarding Different species through Health Education. It aimed to educate and raise awareness about the accelerating rate of extinction of millions of species and the causes and consequences of this phenomenon, educate to protect broad groups of species as well as individual species and their habitats, encourage to protect nature and its values and encourage individual actions such as adopting plant based diet and stopping pesticide and herbicide use. NSS volunteers actively participated in the program by preparing posters and charts. General public especially children were more active by asking questions and answering about species.

WORLD IMMUNIZATION WEEK 2019

World Immunization Week 2019 was observed by NSS on theme “Protected Together: Vaccines Work!” Under the guidance Mrs. Elaiyarasi NSS Program Officer, NSS Team created awareness among general public regarding Immunization Schedule and its importance through provision of service and Health Education. NSS volunteers actively participated in the program by doing demonstrations of hand washing and oral hygiene, health checkup of general public in Janatha Colony. The programme concluded with discussion and clarification of doubts followed by distribution of pamphlets.



WORLD HEALTH DAY 2019

World Health day 2019 was observed by NSS on theme “Universal Health Coverage: Everyone, Everywhere”. Under the guidance Mrs. Elaiyarasi NSS Program Officer, NSS Team created awareness among general public regarding health is our Basic Human Rights through Demonstration of Hand washing, General health assessment and Health Education. The few points of health education were, Health is a human right; it’s time for health for all, healthy life style, Importance of Hand washing, oral hygiene, Healthy balanced diet.



WORLD ENVIRONMENT DAY

Smt. Nagarathamma College of nursing in association with Indian Institute of Horticultural Research, Hesaraghatta participated (52 students and 2 Faculty) in the movement to create awareness among youths for planting trees with a concept “NURTURE THE NATURE” on 6th June 2019. The aim of the programme was to create awareness among the youths for planting trees with a concept “Nurture the Nature” The program was graced by Mrs. Salumarada Timmakka, Padmashree Awardee by GOI, a legend in conservation of environment & Shri S R Vishwanath, Honorable MLA & several other dignitaries. Dignitaries shared their experience on importance of greening the nature & challenges associated with enhancing the CARBON print through plantation of trees. All the students enthusiastically participated in plantation program. More than 200 mango plantations were planted at bio diversity park, IIHR.



Farewell Batch of 2015-19

Smt. Nagarathnamma School & College of Nursing celebrated the farewell of the Batch of 2015-19 on the 13th July 2019. The theme was Disney. Students dressed themselves like their favorite Disney Character and enjoyed the day.



"The road to success and the road to failure are almost exactly the same."