



Volume 7 Issue 1  
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# The Pulse

## Smt. NAGARATHNAMMA SCHOOL & COLLEGE OF NURSING

From the editorial Desk

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Rashmi

Greetings from Smt. Nagarathnamma School & College of Nursing! 'The Pulse' is an annual bulletin released at the end of the academic year. We could not be more excited to have been made it to this point. We are honoured to share the work of so many committed 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 this academic year.

### ASNA - 2017/18

Student Nurses Association – SNA is considered as governing body of the student nurses of Smt. Nagarathnamma School & College of Nursing. It is known for its excellence and creativity. Students enthusiastically participate in the Co-Curricular activities with a spirit of sportsmanship.

### GRADUATION DAY CLASS OF 2017



The graduation ceremony of the 10th batch of BSc, 5th batch of MSc, and 6th batch of P.B.BSc Nursing student of Smt. Nagarathnamma School & College of nursing was held on 01.07.17. Dr Srikanth Phullari, Registrar at KSNC, Bengaluru was the chief guest for the day. Guest of Honor was Shri.B.M Reddy President J.M.J society. The event was presided by Prof Devi Nanjappan, Principal Smt. Nagarathnamma College of Nursing. The programme begun with a ceremonial march by the student along with the dignitaries.

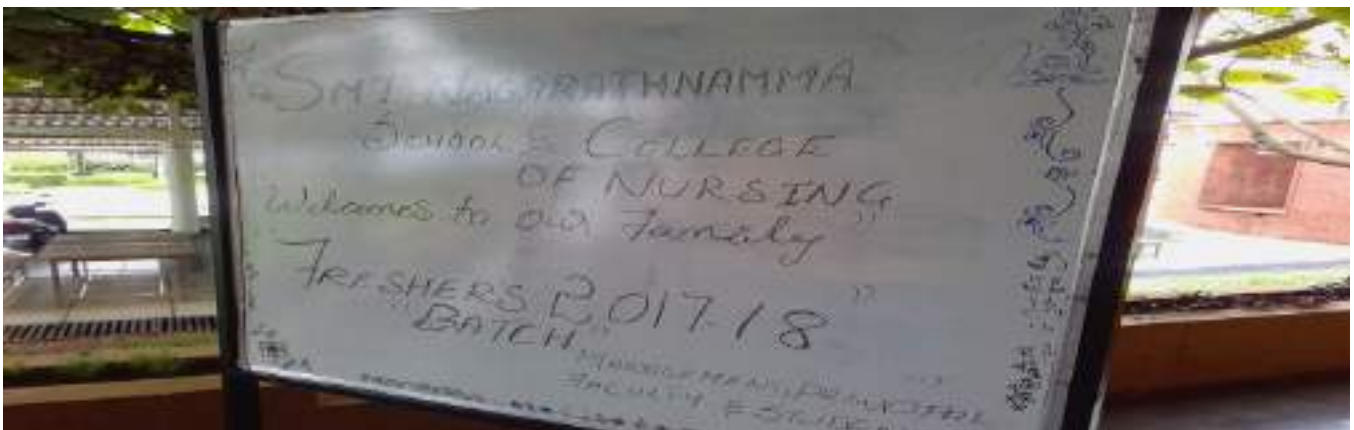


**10 DAY - INDUCTION PROGRAMME  
FOR THE FRESHER'S BATCH OF 2017-18  
01.9.17 TO 15.9.17**

On the 1st of September 2017, Smt. Nagarathnamma School & College of Nursing received the 15th batch of GNM, BSc, P B BSc & MSc Nursing students. Principal, Prof Devi Nanjappan, Vice Principal, Prof Celine Alexander inaugurated the new academic year 2017-18 along with all the HOD's, faculty and staff. The ceremony was held in the college seminar hall, fresher's and parents were present for the occasion. Mrs. Gincy Samuel, Asst professor, Dept of Medical-Surgical Nursing hosted the ceremony.



Principal Prof Devi Nanjappan welcomed the gathering followed by a brief introduction of the college,  
Mrs. Mercy Devapriya, Lecturer Dept of Mental Health Nursing, mastered the introductory session "YOU AND ME" where in a detailed introduction of all faculty and administrative staff was given which was followed by self-introduction of students.





Further there was an interactive session where in the parents and students addressed their concerns about hostel facilities, academics, clinical facilities, examination & vacation. The faculty and the principal along with the class coordinators provided them with the necessary information.

### **The proceedings of induction Programme is as follows**

**Day 1 Monday 4.09.17:** The session opened with a prayer by the students. Prof Devi Nanjappan presented a generic orientation to Administration, Governance and management and Asso Prof Amba oriented the students to Hand book and academic calendar. The session concluded with a motivational video on nursing profession.

**Day 2 Tuesday 5.09.17:** Prof Mariam Jaisy opened the session on Academic regulatory bodies, Deanship roles, placement details and career path. Later Mrs. Radhika Asst Prof. Dept of Medical Surgical Nursing took over the session on curriculum and syllabus. The day concluded with yet another motivation video on the life of a nurse.

**Day3 Wednesday 6.09.17:** Prof. Celine Alexander oriented the students to major committees, alumni association and feedback system. Prof Vijayamalar conducted a session on examination regulations. The session adjourned with a motivational video on I am a nurse.

**Day 4 Thursday 7.09.17:** Prof Dhanpal H N, HOD, Mental Health Nursing and Mrs. Nagammal took the students on a campus tour orienting them to the physical facilities round the campus.

**Day 5 Friday 08.11.17:** Under the guidance of Mrs. Amba and the class coordinators all the students completed the online undertaking of ragging.

**Day 6 Saturday 09.09.17:** Mrs. Elaiyarasi opened the session briefing them about clinical facilities and Affiliated hospitals and community facilities and later the students were taken to all the hospitals and community facilities along the faculty, Mrs. Gincy, Mrs. Kapu Manjula.

**Day 7 Monday 11.09.17:** Prof Mariam Jaisy conducted a briefing session on remedial classes, bridge courses and teaching methodology followed by a session clinical methodology by Mrs. Renjitha.M.V.





### **Day 8 Tuesday 12.09.17**

Students participated in a seminar organized by the Dept of Mental Health Nursing on account of World Suicide Prevention Day. "Take a minute Change a life" Mr. Daniel Madapur, Director of Safe Hands (NGO) addressed the students on the causes of suicide and prevention and also how to identify the victims and help them, followed by a session Mrs. Diana Thloor Corporate trainer spoke on symptoms of depression and prevention of suicide. The session Concluded with a performance by Mr. Richard Thloor (popular choreographer, European and Australian Salsa Champion) and Ms Shwetha.



### **Day 9 Wednesday 13.09.17**

Mrs. Manjula Asst Prof and Field visit coordinator explained the various co-curricular and extracurricular. She briefed the students on the various field visit undertaken during the last academic year and the proposed plan for current academic year. Second session was conducted by Mrs. Malini Senior Librarian, madam briefed the students on the physical setup of library, physical setup, rules and regulations, reference books available, e books details HELINET etc.

### **Day 10 Thursday 14.09.17**

Students were taken to a Bangalore round up also visited Janapadaloka, accompanied by the faculty.

## TEACHERS DAY 2017



**“TEACHERS PURPOSE IS NOT TO  
CREATE  
STUDENTS IN HIS OWN IMAGE,  
BUT TO DEVELOP STUDENTS  
WHO CAN CREATE THEIR OWN  
IMAGE”**

Students of Smt. Nagarathnamma School & college of Nursing conducted Teachers day for the year 2017 on 05/09/2017, program was hosted by Mr. Naf's (1 year BSc Nursing student). The program began with the invocation song followed by the welcome speech by Mrs. Manisha MSc nursing student. Mr. Dennis and Ms. Lata Kusum spoke about the role of teachers in student's life and Prof. Devi Nanjappan Principal and Prof. Celine Alexander Vice Principal spoke on the significance of the day.



## ALUMNI MEET – I REUNION OF 2004 BATCH

**“CONNECT TODAY, TRANSFORM TOMORROW, IT'S NOT JUST OUR MISSION, IT'S  
OUR WISH FOR YOU”.**

It was the time and event for old relationship to be cherished, celebrated & refreshed and new ones to be formed. Reunion of the batch of 2004 was planned & organized on 04.08.2017 at College premises.

The alumni meet was held on 4<sup>th</sup> August 2017 Principal, faculty and staffs graced the occasion. 16 alumni of 2<sup>nd</sup> batch BSc (N) of Smt. Nagarathnamma College of Nursing gathered to relive their old memories. Mrs. Elaiyarasi S Alumni coordinator welcomed the alumni and Principal addressed the gathering. There was a brief session of faculty and alumni interaction with self-introduction, sharing their experiences, achievements. The program ended on a graceful note followed by memento by alumni as a token of love to the college.





## SNA SPORTS & CULTURAL - MONADIKOS 2017

Smt. Nagarathamma College and School of Nursing encourages all students to participate in some of a wide range of sporting and cultural activities which are an integral part of the curriculum. The emphasis is on fair play, enthusiasm and enjoyment as well as achievement. College sport provides a vehicle for a number of social, physical, emotional and moral learning and is an important expression of our culture.

The aim of the college is to provide students encouragement to participate in a way that suits their interests and abilities. Arts and cultural activities are an integral part of leisure and recreation. Participation in arts and cultural activities can also help students balance the stress of studies and life, build capital and community identity, and contribute to social well-being. 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. This year Sports and cultural events were organized by SNA unit Monadikos 2017. The meet was conducted from Nov 17th to 22nd 2017. Students were divided in 3 groups with 53 participants equally in each group namely: Phoenix, Pegasus & Unicorn. The Mondaikos activities were carried over 4 days.

Day I (17.11.2017): Essay Competition, Collage, Best out of waste, Hair styling and Mehendi Competition

Day III (21.11.2017): Athletics (100m race, 200m, and relay Short put, Discuss throw, long jump, football and Kabaddi

Day II (20.11.17): Solo dance, Group dance, Group Song, Solo song, extempore & Fashion Show.

Day IV (22.11.2017): Throw Ball, Volley Ball and Cricket.



## 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 was held in the college on 06.11.17 and the council members won the post through marginal votes as it was a tough competition. On the 24th November 2017, the college witnessed its solemn ceremony, where the elected council members formally appointed by the students consisting of 7 members in all had their day.

The ceremony began by an invocation followed by welcome address, Later introduction of council members 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 mantel of responsibility to Ms. Yamuna Chettri Vice President(UG), Yeschi Wangmo K Secretary, Ms. Choki Wangmo, Treasurer, Ms. Aviyana Pradhan, Cultural Secretary and Vice Principal. Prof. Celine Alexander bestowed the badge to Mr. Akash Das, Ms. Ongmu Sherpa Joint Secretary and Ms. Shelja Tamang Sports Secretary. The council members were congratulated on their new post and wished success and victory in all their endeavors.

The College extends its best wishes to the council !!





## SMT. NAGARATHNAMMA JAYANTHI

Smt. Nagarathnamma Jayanthi was observed on 11 January 2018. Shri. B.M.Reddy blessed us with his presence. The day commemorated with puja succeeded by cake cutting. Later the students and faculty visited Punyakottti Vanaprastha Sevashrama to mark the remembrance of Smt. Nagarathnammas birthday. Punyakottti Vanaprastha Sevashrama is a home which cater to the needs of geriatrics specially women who are abandoned by their children. This Organization provides them with facility of social interaction among their peers and stay together as family. These homes take care of old age individuals of society and give them an identity and maintain the integrity of the Individuals. There are 10 inmates who are in a home away from home. The students were so moved by the love of these elderly mothers some students pledged that they would do take care of their parents and never will abandon them. The students were accompanied by the faculties and Principal. Later there was a cultural program organized by our students as well as by the inhabitants of the home. The students of our college out of their goodwill donated groceries for the inmates who reside in the home.





## NATIONAL DEMOCRACY DAY

National Democracy Day (Rashtriya Prajatantra Divas) is being held in Nepal every 19th of February in honor of the late King Prithvi Narayan Shah, The Great led the country in achieving freedom from the Rana regime. At the College it was commemorated on 22.2.18 at 3pm in the Seminar hall of the Nursing College. The goal was to Sensitize students regarding the vast culture, heritage, tradition, custom, religion and geographical features of the country Nepal. The Nepalese students came in their National attire based on their tribes which was stupendous. The students with great enthusiasm highlighted the important values and remarkable achievements of their country. They also took us to an e-tour of their country's tourist destinations. The students provided refreshments to the faculty and student. The students entertained us with folk song and the program was wrapped with their National Anthem. The Principal, HOD, faculty and students of 2nd and 4th year witnessed the program and were sensitized on their rich culture and heritage of Nepal.



## COMMOMERATION OF DRAGON KING

Jigme Khesar Namgyel Wangchuck is the current reigning Druk Gyalpo or "Dragon King" of the Kingdom of Bhutan. Bhutanese Students Association of the Acharya Institutes celebrated the Birthday of Dragon king on 21.2.18 at the AIT auditorium. The aim of the celebration was to integrate students of different Nationalities as Acharyans. The Bhutanese students of composite colleges of Acharya joined together in celebrating the Birthday of their king. Students came in their traditional attire which was stupendous. The Chief Guest of the program was Mr. Vishesh Chandrashekar, Guest of honor Mrs. Reema and Mrs. Sonia of CPRD and Special Invitee Mrs. Mariam Jaisy and Mrs. Kapu Manjula graced the occasion by lighting the lamp followed by address by the Chief Guest Mr. Vishesh. The students with great enthusiasm highlighted the importance of the day and wished good luck and long life to their King. The celebration concluded by an exuberant cultural program. Bhutanese from different Institution of Bengaluru attended the program to express their Solidarity and loyalty.



## INTERNATIONAL NURSES DAY REPORT

International Nurses Day was conducted in collaboration with nursing Fraternity of ESIC hospital, Peenya, Bengaluru on 19<sup>th</sup> May 2018 between 11am to 2 pm. The goal of the celebration was to disseminate regarding the theme: Voice to lead: Health is a human right and to celebrate the true spirit

of nursing in oneness with nurses from all walk of life The program began with an invocation song by Ms. Jayashri (staff nurse) there was an cordial welcome speech by the ANS Mr. Prakash, who welcomed the gathering specifically the chief guest who graced the occasion they were Ms. Yamuna

Bhatt and Ms. Padma Hegde both are retired ANS of ESIC, Rajajinagar. The theme of the nurse's day was unveiled by Ms. Jennifer and she highlighted the importance of the theme and how all us can make a difference to achieve the goal at different location and settings. This was followed by the chief guest's address who again emphasized on the fact that the nurses can make a lot of difference if there is an able leadership. Followed by cultural event by our

international Students (Africans, Bhutanese, and Nepalese) who entertained the audience with their thrilling performance and a awesome skit by our 2<sup>nd</sup> year B.Sc students based on the theme. Ms. Seema. J Nursing Superintendent felicitated our students for their outstanding performance. Over hundred and fifty nurses including the students attended the program and pledged to be that voice to leading to change.

## **CONTINUING NURSING EDUCATION & JOURNAL CLUB**

Smt. Nagarathnamma College of Nursing regularly conducts CNE and Journal Club every monthly and fort-nightly respectively. Every faculty gets an opportunity to present and critique national and international journals. Faculty also share their expertise with the nurses of Sapthagiri Institute of medical sciences.





## **SURVEY OF IMMUNIZATION STATUS AND AWARENESS AMONG LABORERS' CHILDREN**

On 13<sup>th</sup> Aug 2017 at the laborer's tent an awareness program regarding immunization status and awareness in laborers about immunization of their children was conducted in association with Acharya B.M Reddy College of Pharmacy. A survey was conducted through a questionnaire and it was identified that the immunization was done effectively for the children until one years of age. Awareness regarding meningitis immunization was made and the laborers were educated on the commonly occurring infections in children and the importance of vaccination against the same. 25 students from Nursing and Pharmacy colleges actively participated in this program. This event has created an impact in the laborers mind towards the significance of immunization and the physical well-being of their children. Further concrete steps are to be taken to immunize these children in association with people's tree hospital. Mrs. S Elaiyarasi NSS Officer. Smt. Nagarathnamma College of Nursing. Along with Dr. G Kannan, Acharya B.M Reddy College of Pharmacy organized the survey.



## **INTERNATIONAL LITERACY DAY -2017 BY NSS & WOMEN CELL**

In the view of International Literacy day, "The Women cell" of Smt.Nagarathnamma College of Nursing, conducted literacy day on 08/09/2015 at Sasuveghatta, adopted village, Bangalore. The theme of the Programme was Literacy in a Digital World". The program was Co-ordinated and conducted by Mrs. Elaiyarasi S, Lecturer, NSS officer and Mrs. Nagammal, Asst. Lecturer, Women Cell Coordinator.

Mrs. Gincy Samuel & Mrs. Selvarani, Lecturers also actively participated in the event. Elderly people of the village were gathered for a brief talk on Importance of World Literacy day delivered by Mrs. Elaiyarasi and practice session with Mobiles & laptops about operating them, using them effectively in support to digitalization by Mrs. Nagammal.

The villagers were happy being involved in the program and they also showed their support to digitalization.



### WORLD POPULATION DAY

On 14<sup>th</sup> 2017, an Awareness programme on **World Population Day** was organized by Women Cell & NSS unit of Smt. Nagarathamma CON at Govt. Jindal Jubilee High School ,Abbigere. A talk was delivered by Mrs. Elaiyarasi, Lecturer & NSS officer on hazards of population explosion and importance of small family norm. First year B.Sc(N) students participated in role play on effects of large family and importance of family planning . The school children enjoyed the play and gained information on population growth in India. The children actively participated and interacted with nursing students. The School Principal & teachers appreciated the programme and also requested to conduct several such programme for their school children in future. Awareness Programme was very informative and it was very useful to the school children.

#### Glimpse of the programme





## NSS FONDATION DAY PROGRAMME-2017

### Theme: Swachhata Hi Seva (SHS)

To promote Hand washing & Disease prevention NSS unit observed NSS Foundation Day on the theme Swachhata Hi Seva (SHS) on 24.09.17 at Govt. Primary School, Kereguddadhahalli, Bangalore. Health education about hand washing was done by Mrs. Elaiyarsi S through Child to child approach using demonstration & Redemonstration. NSS Volunteers of I year B.Sc Nursing(48) & IV year B.Sc Nursing(14) actively participated in demonstration & Re-demonstration of Hand washing to every child of 1<sup>st</sup> to 5<sup>th</sup> std.(150 no's). The programme concluded with Distribution of soaps to all school children (150) of 1<sup>st</sup> to 5<sup>th</sup> std. Head Mistress B.K Shrimathi Madam, teachers & Students were happy with the programme.



## REPORT ON GANDHI JAYANTHI – 2017

Under the guidance of Principal, Mrs. Elaiyarsi S NSS Officer with NSS Volunteers of I year B.Sc Nursing observed Gandhi Jayanthi on 03.10.17 at Govt. Primary School, Kereguddadhahalli, Bangalore. Ms. Tejaswini, NSS Volunteer welcomed the Head Mistress, Teachers & Students with welcome speech & Ms. Babitha NSS Volunteer gave a Brief Motivational Speech about Life History & achievements of Mahatma Gandhi which motivated the students (150) of 1<sup>st</sup> to 5<sup>th</sup> std. NSS Volunteers actively participated in cultural programs like dance & singing. The programme concluded with Vote of thanks by Mrs. Elaiyarsi S NSS Officer followed by National Anthem Head Mistress B.K Shrimathi Madam, Teachers & Students were happy with the programme.



## REPORT ON WORLD FOOD DAY 2017

NSS unit Observed World Food Day on 16.10.17 at Govt. Primary School, Kereguddadhahalli, Bangalore. Health education about food hygiene was done by Mrs. Elaiyarsi S, NSS Officer. Models were prepared by NSS volunteers & exhibition was arranged to all school children (150) of 1<sup>st</sup> to 5<sup>th</sup> std.

Health Education & Exhibition helped the children to know about importance of nutrition, Balanced Food, Major and Minor Nutrients, Nutritional Deficiency Diseases, Food hygiene & prevention & control of food borne diseases.



## NSS UNITY DAY

NSS unit observed NSS Unity Day on 31.10.17 at Govt. Primary School, Kereguddadhahalli, Bangalore under the guidance of Principal and NSS Officer. All NSS volunteers took promise that they involve actively and voluntarily in all NSS activities. A talk on NSS unity day was delivered to all school children (150) of class I- V.





## LIFE SKILLS TRAINING- FROM 12TH TO 18TH NOVEMBER 2017

**Introduction:** 33, 34 and 35<sup>th</sup> Batch Life Skills Training and Counselling Services Program (LSTCSP) was organized by Department of Epidemiology, Centre for Public Health (CPH), National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru, in collaboration with National Service Scheme (NSS) wing, Department of Youth Empowerment and Sports, Government of Karnataka from 13th November 2017 to 18th November 2017.

The aim of the workshop was to train NSS coordinators and officers in LSTCSP and to facilitate NSS coordinators and officers in developing and implementing sensitization sessions to youths of respective colleges and universities in the future.

Total of 89 NSS officers, coordinators, teachers and Yuva Parivarthakas participated in the training from different districts of Karnataka.



## WORLD AIDS DAY 2017: EVERYBODY COUNTS

In 2015, global leaders signed up to the Sustainable Development Goals, with the aim to achieve universal health coverage (UHC) by 2030. The UHC framework now lies at the centre of all health programme.

NSS unit of Smt. Nagarathnamma College of Nursing have organized and conducted World Aids day for Sexual Minorities at Horamavu, Bengaluru on 1<sup>st</sup> December 2017 at around 8am to 2pm. The programme was arranged for Transgenders by Mrs. Serah Rashmi, Lecturer, Psychiatry Department with the help of Mr Jagadish, director of HEBRON NGO. The programme started with self Introduction & communication by Mr Jagadish & Mrs. Serah Rashmi followed by Health checkup of all transgenders by Mrs. Radhika A B & Mrs. Kapu Manjula Lecturers, Dept. of Medical Surgical Nursing. 40 transgenders were assessed, 2 had mild infection and 4 had increased blood pressure. They were given health counselling and advised to meet physician. Health Awareness about meaning, mode of transmission & Prevention of HIV/ AIDS by Mrs. Radhika A B & Mrs. Elaiyarasi S, NSS officer.



## WORLD AIDS DAY PROGRAM DETAILS AT GOVT. HIGH SCHOOL, ABBIGERE.

Dr. Ravishankar Medical Officer PHC, Abbigere, Organized World Aids day at Govt. High School, Abbigere Bengaluru on 1<sup>st</sup> December 2017 from 10am to 2pm. Mrs. Nagammal asst. lecturer and 75 NSS volunteers from I & III GNM, I BSc. Nursing participated in the programme. Dr. Ravishankar gave health education about meaning, mode of transmission, Signs & symptoms, Diagnosis, Treatment & Prevention of HIV/ AIDS, role of every individual and present students. NSS volunteers distributed pamphlets to public. The Programme concluded with vote of thanks.





## EFFECTIVE TUBERCULOSIS DIAGNOSIS & TREATMENT CAMPAIGN 2017

NSS unit of Smt. Nagarathamma College of Nursing participated in Effective Tuberculosis Diagnosis & Treatment campaign 2017 by Health & Family Welfare, Bengaluru on 4<sup>th</sup> December 2017 from 8am to 2pm. Effective Tuberculosis Diagnosis & Treatment campaign 2017 by Health & Family Welfare was scheduled from 4<sup>th</sup> to 18<sup>th</sup> December 2017 in 20 districts of Karnataka. As a part of it Dr. Snehalatha, Medical Officer PHC, organized National TB awareness day rally at Govt. PU College, Bahubali Nagar, Jalahalli PHC, Bengaluru on 4<sup>th</sup> December 2017. Mrs. Elaiyarasi S NSS Officer & Lecturer and 75 NSS volunteers from I & III GNM, I BSc. Nursing participated in the programme. As a part of the Programme the rally was organized in Bahubali Nagar, Jalahalli PHC in which our NSS volunteers actively participated with pluck cards & shouting slogan about Tuberculosis Diagnosis, Treatment & Prevention and distribution of pamphlets to general public. The PHC staffs actively started identifying the suspected cases of TB & collecting sputum from them. The Programme concluded with vote of thanks.



## WORLD HEALTH DAY 2018

As 2018 is WHO's 70<sup>th</sup> Anniversary year, the organization has appealed the world leaders to live up to the pledges they made and agreed to in the Sustainable Development Goals in 2015 and for taking concrete actions to progress under the theme Universal Health Coverage: 'Health for All'. The Programme was coordinated by Mrs. Elaiyarasi S NSS officer & Lecturer, Department of Community Health Nursing at ESIC Hospital, Peenya Suburb, Yeshwanthpur on 07.04.2018. An awareness Programme on Importance of health, Various Services Available, & Role of Every individual in UHC was done through health education to public with active involvement of II B.Sc. Nursing students.



## HEALTH CHECK UP - CAMP

A Health Camp was organized by NSS unit in association with Bangalore Blood Bank under the guidance of Prof. Devi Nanjappa, Principal, Smt. Nagarathamma College of Nursing on 20th April 2017 for employees of Mother's Sumi System Limited (MSSL), Bangalore. The programme was coordinated by Mrs. Elaiyarasi S NSS officer & Lecturer, Department of Community Health Nursing & Mr. Chandrakanth, Bangalore Blood Bank. Inauguration of the Camp started formally at 10am with Welcome speech by director of MSSL.

The programme was proceeded by Registration of All Employees of MSSL by NSS volunteers & the Health checkup was started at 10.30 am which included general Anthropometric measurements including BMI, Vital Signs including Blood Pressure, Blood Tests such as Hemoglobin & GRBS followed by consultation with Dr. Indu

from Bangalore Blood Bank. The total no of beneficiaries were 329 members. General health education about Balanced Diet & Iron Rich Diet was delivered to all as majority were having Hb 6g/dl to 10g/dl between the age group of 18 to 25 years. Health checkup was completed at 6Pm.





## SEVA DINA

As part of Youth for Seva's (YFS) continuous endeavors towards making children more skillful, healthy and knowledgeable through its various flagship educational projects – program of "Seva Dina" was conducted on 20th of July 2018. NSS unit with 34 volunteers of SNCON in collaboration with YFS (NGO) organized activities at 4 different schools at Yelahanka & Byatarayanapura Bengaluru.

*Group 1. Rally on Plastic Awareness Photos.*



*Group 2. Swachh Patashala (Clean School) Photos.*



*Group 3 & 4 Activity: Each One Teach One*

## BLOOD STEM CELL DONATION AWARENESS

A seminar on “Awareness on Blood Stem Cell Donation” was conducted by Mr. V Srinivas, Donor Drive Coordinator, DATRI Blood Stem Cell Donors Registry, Bangalore. The programme started with a welcome speech by Mrs. Elaiyarasi S, NSS Officer. Mr. Srinivas conducted the seminar on Blood Stem Cell donation specifying the types, needs, Process & Methods of Blood Stem Cell donation. 35 students volunteered and registered for donation.



## DIABETES MELLITUS SCREENING PROGRAMME

A Diabetes Mellitus screening camp was conducted for the faculty and Class D workers of Acharya Institutes, Bangalore on 30.05.2017. As planned prior I year B.Sc. Nursing students of Smt. Nagarathamma College of Nursing and Health Team, Primary Health Centre, Chikkabanavara have conducted the Programme including, Assessment of vital Signs, Measurement of Height & weight to check risk factors such as Obesity & BMI, Checking of RBS with Glucometer at College Auditorium Bangalore under National Service Scheme [NSS] on 30/05/2017 from 10 am to 5 pm.

Totally 140 people were screened. Out of which 04 were Hyperglycemic, referred to Dr. Jayaram, medical Officer, Primary Health Centre, Chikkabanavara, Bangalore for further treatment.



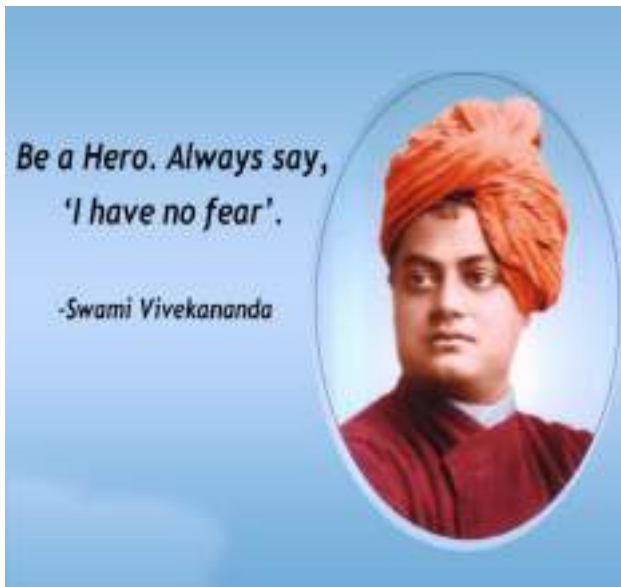


## SCHOOL HEALTH PROGRAMME REPORT

A School Health Promotion Activities as a part of Global School Health Initiative for the Students of Govt. High School, Abbigere, Bengaluru from 11.12.2017 to 15.12.2017. NSS officer organized the programme for one week with the prior permission from Head Master of the school. Every day the concerned Faculty visited the School and Session on the respective topics were done effectively followed by informal feedbacks from students & staffs of the school. The programme was very effective and they also asked us to continue doing this for the next academic year on identified needs of the students followed by guidance & counseling if required.



## NATIONAL YOUTH DAY



National Youth Day is celebrated in India on the 12th of January on the birthday of Swami Vivekananda. This day is also called as Vivekananda Jayanthi. Yuva Diwas Messages are not just words, they are the key to our life, if we unlock it, our life will be happy. So NSS unit in collaboration with Youth for Seva NGO organized events on 13.01.2017 at 4 different schools at Yelahanka & Jakkur Bengaluru. The programme was coordinated by the NSS volunteers of Smt. Nagarathamma College of Nursing under the guidance of Principal & NSS Officer at 4 Govt. Primary Schools. Under the supervision of Youth for Seva Coordinator Ms. Shobha & NSS leader cleanliness programme organized and 10

NSS volunteers & 6th & 7th Std school children participated in Cleaning the Classrooms, School Ground, Making Soil Bund & Watering the plants on the theme "Environment Cleanliness". The programme was very effective as students were actively participated in the programme.



## HEALTH CHECK CAMP

A Health Check camp for the staff & students of Acharya Institutes, Bengaluru on 24.01.2018 was organized by Mr. Venu, Organizer, Triesta (HCG) in collaboration with Silver line diagnostics and the team, Bengaluru. As planned prior all Students & Staffs of Acharya institutes were informed about the Health check camp and fasting blood & urine sample collection for the tests & registration. NSS volunteers (IV year B.Sc. Nursing students) of Smt. Nagarathamma College of Nursing and Health Team of Triesta (HCG) & Silver line diagnostics conducted the Programme including, Assessment of vital Signs, Measurement of Height & weight to check risk factors such as Obesity & BMI followed by specimen (Fasting Blood & Urine) collection at Acharya Poly Technique Block, Acharya Institutes on 24.01.2018 from 8 am to 3 pm. Totally 14 people were registered and specimen collected for screening for Health package Plus (60 tests) which includes Diabetes Wellness, Heart Wellness, Kidney Wellness, Liver Wellness, Thyroid Wellness, General Body Check, Vitamin D & Vitamin B12.



## NATIONAL PULSE POLIO PROGRAMME

Faculty and Students of Smt. Nagarathamma College & School of Nursing participated in National Pulse Polio Programme at Primary Health Centre, Chikkabanavara organized by Govt. of India. Mrs. Elaiyarasi S Lecturer and IV year, II year and III GNM, & II P.B. BSc Nursing Students participated in two rounds of National Pulse Polio Programme at Primary Health Centre(NRHM), Abbigere during Jan & Feb 2018. Ist day – Booth Activity – Immunizing the children below 5 years at booths with two drops of pulse polio vaccine. 2nd & 3rd day – Home visiting & door to door service - Immunizing the children below 5 years at their door step, on streets, schools or public places with two drops of pulse polio vaccine. Totally 28 students & 01 faculty from Smt. Nagarathamma College of Nursing participated in the programme. All the children below 5 years were beneficiary under this programme.



## REPORT ON FOUNDATION DAY

Mrs. Elaiyarasi NSS Officer, Mrs. Mercy Deva Priya, Lecturer and NSS volunteers (50 II & III B.Sc. Nursing students) participated in 22nd Foundation day of RGUHS, celebrated on 01.06.2018 at Danwantri Hall, RGUHS at 10 am. The highlight of the programme was Lecture on Human Values & Ethics by Dr. Gururaj Karajagi, which was very effective as it motivated each one.



The sessions were interesting and informative followed by practice session on Mind Sound Resonance Relaxation Technique by Dr. Ashwini Rachappa which focused on People Yoga Connect - Restore Healthy Living. The programme inspired and motivated all Audience and NSS Volunteers to take up Yoga as a part of their life.



## INTERNATIONAL YOGA DAY

Under the guidance of Principal & NSS officer, 21 NSS volunteers (III B.Sc. & I M.Sc. Nursing) participated in International Yoga Day celebrated in People Tree Hospital Auditorium, Tumkur Road, Goraguntepalya on 21.06.2018 from 3.30pm to 7.30 pm.

## FIELD VISITS 2017/18

### A DAY AT THE BRAIN MUSEUM

A Field visit was organized to brain museum on 19/9/2017 for I year BSc Nursing and I year GNM students.



The Visit was Coordinated by Mrs. Kapu Manjula Asst Prof. of Medical Surgical Nursing, and accompanied by Mrs. Radhika AB, Asst prof. of Medical Surgical Nursing. Mrs. Sweta incharge of the Brain museum took over the day by conducting pre test to assess the knowledge of student then took them around for a detailed tour of the museum followed by a post test. Students gained a vast experience at the museum viewing brains of various

### MEDICO - PASTORAL ASSOCIATION

As a part of the curriculum in Psychiatric Nursing 36 students of IV year, III year, B.Sc, II P.B.B.Sc and II year GNM students visited Medico Pastoral Association, India's first half way home on 20<sup>th</sup> June 2018. The students were accompanied by two faculty from the Psychiatric Nursing department - Mrs. Serah Rashmi and Mrs. Mercy. This is a non-governmental, non-profit organization which was started in 1964 by a group of volunteers from St. Mark' Cathedral. They offer services like counselling to alcoholics, suicide deaths in families and rehabilitating the persons with

pathologies and understanding their anatomy & physiology.



mental illness. It is a 21-bedded institution which also offers the following services: Half way home, extended care, long term care, cottage, day care.





## NIGHTINGALE'S DEMENTIA CARE CENTRE

Geriatric nursing is one of the important areas of nursing these days. Lot of emphasis is given on geriatric health and issues. Dementia and Alzheimer's has been considered being on top of this list. It not only affects the individual but also the family caring for them on the long run as they get burnt out caring for their loved one. Considering these facts nightingales dementia care centre came into existence; to support victims and families. II MSc, III-year B. Sc, II P.P.B. Sc and II year GNM students along with two faculty's Mrs. Serah Rashmi from department of Psychiatric Nursing and Mrs. Kapu Manjula, from department of Medical Surgical Nursing. The Manger Mrs. Jiby explained on the services available and took around the campus and showed the facilities. The students got an opportunity to be involved with patients in neuro –cognitive therapies.



## KARUNASHRAYA – HOSPICE CARE

The Bangalore Hospice Trust (BHT) - Karunashraya, a registered charitable trust to provide free professional palliative care for advanced stage cancer patients who are beyond cure. It is the first hospice of its genre in India to offer patients the flexibility of alternating between the hospice and their home, Karunashraya helps patients live without pain, and in dignity and peace, till their journey's end. It offers in-patient care since 1999 and home care since 1995, tending to over 19,000 patients and touching the lives of their families by providing a supportive environment. II Year B.Sc. Nursing Students (29) & Mrs. Elaiyarasi S Asst. Professor, Department of Community Health Nursing, visited Karunashraya (Bangalore Hospice Trust) on 06.06.2018 as a part of their academic requirement.



# KARNATAKA STATE AIDS PREVENTION SOCIETY (KSAPS)

## BENGALURU



A visit was arranged for the 3<sup>rd</sup> Year BSc & 2<sup>nd</sup> year GNM students to Karnataka State AIDS Prevention Society (KSAPS) on 30<sup>th</sup> July 2018. It is an autonomous institution and a highest policy making structure regarding HIV/AIDS in Karnataka, headed by Chief Minister, which was registered as society on 9<sup>th</sup> December 1997. The aim of the visit was for the student nurses to understand on HIV/AIDS disease aspect and the governmental and non-governmental support extended to meet their needs.

## SNEHADAAN

On the 23<sup>rd</sup> of June, the students of II GNM & BSc (N) had the opportunity to visit Snehadaan Care Centre, a health care institution that aims to provide a comprehensive and holistic health care to the sick with a preference for the marginalized, neglected, lonely and those living with terminal infirmities. Snehadaan first opened its gate in the year 1997 as the first healthcare initiative in India under the banner of Sneha charitable trust. A centre that has over 50 bed counts that intends to provide a reaching out and support the community and its people especially those who are affected by H.I.V

Snehadaan provides an array of services for the H.I.V infected and their families, through holistic approach, apart from this, they also house 20 other beds set aside exclusively for the sick under palliative care. It is a learning site for the centers providing care for the people living with H.I.V as they impact their training and provides mentoring support for the care professionals and to many care centers working for the less fortunate alongside looking after the destitute and orphaned.





## FAMILY PLANNING ASSOCIATION

A visit to family planning association of India was arranged on 1<sup>st</sup> June 2018. This organization was established in the year 1949 and worked closely with NGO and Government. They provide services to the adolescent's girls and women regarding family planning, sexual and reproductive health & rights. III Year GNM and IV year B.Sc Nursing students got an opportunity to visit the organization. Students were accompanied by tow faculties Ms. Chitra & Mrs. Rahul



## **“LEADING USING THERAPEUTIC RELATIONSHIP”**

Staff development program was organized on 07/12/2018 on the title “Leading using therapeutic relationships” through Center for Nursing Development (CND). Dr. Betty Nance Floyd, Phd, RN, CNE, CNL from University of Chapel hill North Carolina & Mr. John Worsham, BSN, RN, CWON were the guest speakers. Mr. Abhishikth John Co founder of CND was also part of the day’s session. Dr. Betty enlightened on how nurses should be good leaders and emphasized on therapeutic relationship as a means to achieve. The entire faculty team of Smt. Nagarathnamama School & College of Nursing participated in the training with great enthusiasm. Two days later it was followed by qualitative need assessment which helped us understand individual capacities and how one can improve on it.



## **FACULTY CAMPUS TOUR CHRISTIAN MEDICAL COLLEGE, COLLEGE OF NURSING**

As a part of upgrading and updating knowledge and standards in nursing education, the faculty Prof. Devi Nanjappan, Principal SNCON, Asst. Prof. Elaiyarasi, NSS Coordinator & Clinical Coordinator, Asst. Prof. Serah Rashmi, GNM Programme Coordinator & Asst. Prof. Mercy Devapriya UG Coordinator visited CMC CON one of the leading pioneers in Quality Nursing Education on 30.01.2018.





# ARMED FORCE MEDICAL COLLEGE, COLLEGE OF NURSING, PUNE, MAHARASHTRA

Campus tour to AFMC, Pune was planned to understand the Structure, Process and Outcome of nursing education and Practice in Defense Settings. Prof. Devi Nanjappan, Principal, Prof. Dhanpal. HN and Prof. Mariam Jaisy. G, visited the AFMC Campus on 14<sup>th</sup> March 2018. The campus is spread over 440 acres of well maintained, prime defense land. The six affiliated hospitals of AFMC offer over 2000 patient beds in various specialties and super specialties. This premiere Health Sciences Institution of the Armed Forces offers Undergraduate medical degrees in Medicine and Nursing, PG degree and diploma courses in various medical specialties, dental surgery and nursing and many diplomas and certificate courses for para-medical and para-dental personnel.



## “BRANDING”



A brief session on Branding was organized through CND – Centre for Nursing Development on the 5<sup>th</sup> of February 2018, the guest speaker for the day was Mr. John Maudlin, consultant to various leading MNC in the US. The session started off by brief introduction by Mr. John Worsham followed by session on Branding by Mr. John Maudlin for about 40minutes. The session winded up by small activity.

## SWEDEN DELAGTE VISIT

Delegates from Umea Univeristy Ms. Pia Hedberg, senior lecturer, Department of Nursing visited Smt. Nagarathnamma College and school of Nursing on the 22<sup>nd</sup> March 2018 to understand the functioning of nursing schools and colleges in India. This visit was organized by the director of research Acharya Institutes Dr. Maneesh Paul. Ms. Pia came forward with a proposal of student and faculty exchange and has consented to sign an MoU with Smt. Nagarathnamma College & school of Nursing to collaborate in areas of academics and research. A brief college report was presented by Prof. Devi Nanjappan and was taken for a quick campus tour and orientation.



# INTERNATIONAL CONFERENCE ON ROBOTIC SURGERY IN UROLOGY AND CRITICAL CARE ASSESSMENT

An international conference was held on robotic surgery in urology and critical care assessment on 05/01/2018, at AIT auditorium. Ms. Akshaya, III year GNM student welcomed the gathering. Mr. John Worsham inaugurated & Addressed the gathering. the guests were Dr. Joseph Klink, M.D., Director of Urologic Oncology and Robotics at Deaconess Clinic as well as his wife Rachel Klink, MSc, ANP-BC, Adult Nurse Practitioner, Adjunct Faculty with University of Southern Indiana.



Glimpse of instruments used in robotic surgery



First session by Dr. Joseph Klink on robotic surgeries in Urology.



Prof. Rachel Klink discussing on critical care assessment of patient in Intensive Care Units.





## MENTAL HEALTH NURSING – DEPARTMENTAL SEMINAR MENTAL HEALTH AT WORK PLACE

Seminar was organized by the Department of Mental Health Nursing on the topic Mental Health at work place on 3/2/2018 at Seminar Hall, Smt. Nagarathnamma CON for nursing, BEd, DEd, law College teaching & non-teaching faculty. The Guest speaker for the day was Dr. Sharon Ruth, Clinical Psychologist, Victoria Hospital, Bengaluru. The session started with a brief introduction & welcome by Mrs. Serah Rashmi, Asst. Professor, Dept of Mental Health Nursing, followed by the session by Dr. Sharon Ruth on practical aspects of stress at work place and how to overcome the same. The session went about 40minutes followed by 30minutes of Q & A. the speaker took time to answer all the queries asked by the delegates. The session was winded up by vote of thanks by Mrs. Mercy Devapriya, Asst Professor.



## PEDIATRIC DEPARTMENTAL SEMINAR

A seminar on eating disorders was organized by Pediatric Nursing Department for the I & III year B.Sc Nursing students. The guest speaker was Ms. Christen Ninan, behavioural therapist. The session on eating disorder was very informative, wherein the topic covered the spectrum of eating disorders. The resource person mainly emphasized on the facts of Anorexia Nervosa as it one of the most serious and life threatening condition. Ms. Christen covered the causes, clinical manifestation, management of the condition specifically stressing on the ways of preventing anorexia Nervosa. The seminar was very interesting and there was positive response by the students. She affirmatively concluded by asking the students to pledge towards cultivating healthy eating habits. Sixty students attended the program and they have pledged themselves that they will eat healthy and never indulge in body shaming and name calling.



## **OBSTETRICS AND GYNAECOLOGICAL NURSING DEPARTMENTAL SEMINAR ON ASSISTED REPRODUCTIVE THERAPY**

Department of OBG Nursing conducted a seminar on 17<sup>th</sup> February 2018 regarding Assisted Reproductive Therapy, students of I year M.Sc., IV-year B. Sc, I year B. Sc, I year GNM, III year GNM students and Faculties were part of the seminar. Mrs. Athulya Joseph, Asst. professor of Acharya School of Law the guest speaker for the day introduced the topic Assisted Reproductive Technology - The legal issues. The speaker discussed about the various assisted reproductive technologies and the legal issues related, briefed about meaning, criteria for couples to go for In-vitro fertilization, surrogacy, sperm donation, freezing and storage of embryos for future usage and the laws that have been enacted to limit and regulate the Assisted Reproductive Technology by the government of India and in other countries.



## **EDTECHREVIEW HIGHER ED TECH CONFERENCE 2018**

On 22<sup>nd</sup> March 2018, EdTechReview Higher Ed Tech Conference 2018 was held at Taj Vivanta. Mrs. Mercy Devapriya, lecturer, Dept of MHN was deputed to participate in the conference. Welcome note was delivered by Mr.Utkarsh, CEO & Editor ,Edtech review. The sessions continued by various others speakers from different organizations like Branding –ICFAI group, Education solutions for classroom-BenQ India, Leverage technology for branding in higher education –Times Higher Education, College networking and resume generation by Codigo technologies. Panel discussions : Trends in higher education ,branding online marketing and enrollment. Innovating education in the age of cloud. Panel discussion: skill development: University –industry interaction. Panel: Unleashing the potential of MOOCs, distance and online learning and blended learning. Panel: Engaging students, assessing student data and leveraging technology for the classroom for tomorrow. The conference brought in light the various strategies that higher educational institutions can adopt to aspire to be the role model in higher education in 21<sup>st</sup> century. To use the best technology in education in teaching, research, training, professional development and consultation.





## RESEARCH METHODOLOGY WORKSHOP

A two-day workshop was conducted on research methodology in Bengaluru, organized by Rajiv Gandhi University of Health Science from 23<sup>rd</sup> to 24<sup>th</sup> March 2018. This was attended by faculties of allied health science, Ayurveda, dental, homeopathy, medical, nursing, pharmacy, physiotherapy and public health trainers from different areas in Karnataka. Registration for workshop was between 10 am to 11am. First session was by Dr. M.A. Shekhar, on how to frame research question, followed by Dr. Anura Kurpad, on

methods & procedure to submit research proposal for grant release.

The other two sessions were basic do's and don'ts with ethical issues in relation to Research by Prof. Rajesh Shenoy and Dr. M.K. Sudarshan. The end of research methodology workshop was about statistics in relation to research by Prof. Ganga Boraiah. Research Methodology Workshop was useful for participants to know how to frame research questions, submit research proposal for grant, ethical issues and statistics related to research.

## STATE LEVEL WORKSHOP ON “LEADERSHIP PRACTICES IN NURSING”

What is the best approach to nurse leadership –if there is such a thing? Despite overwhelming interest in leadership within the profession, there is surprising little evidence about what works, and much of narrative is based on received wisdom or personal experience. Having these views on leadership practices in nursing a State Level Seminar was organized on “Leadership Practices in Nursing” at Smt. Nagarathamma College of Nursing on 27<sup>th</sup> April 2018 MBA Auditorium, Acharya Institutes. Resource faculty were Dr. G Balamurugan, HOD of Mental Health Nursing, Ramaiah Institute of Nursing Education & Research, Dr. M. Vijayarani, Assistant professor, Department of Mental Health Nursing, ESIC college of Nursing, Dr. R. Lakshmi Devi, Principal of Dhanwantari College of Nursing, Mrs. Jaysinta Roopa Mariyappa, Principal of Harsha college of Nursing, Prof. Mariam Jaisy, HOD of Pediatric Nursing, Smt. Nagarathamma college of Nursing and Mrs. Amba V, Assistant Professor, Dept. of Pediatrics, Smt. Nagarathamma College of Nursing. Prof. Devi Nanjappan, Principal of Smt. Nagarathamma College of Nursing delivered the key note address. The scientific session started with the pretest and post test was conducted after the sessions. The Programme ended with the Vote of Thanks by Ms. Jennifer, II year.M.sc Nursing student. The event was successful in imparting knowledge about the leadership practices in nursing. All the participant actively participated in the workshop. The pretest score was 35% and post test score were 60%. Thus, the workshop had a positive impact in enhancing the aspects of leadership in nursing practice.



## DEPARTMENT OF COMMUNITY HEALTH NURSING



### **Wanted: Leaders for a TB –Free world**

24 March 2018 - The theme of World TB Day 2018 - "Wanted: Leaders for a TB-free world"- focuses on building commitment to end TB, not only at the political level with Heads of State and Ministers of Health, but at all levels from Mayors, Governors, parliamentarians and community leaders,

to people affected with TB, civil society advocates, health workers, doctors or nurses, NGOs and other partners. All can be leaders of efforts to end TB in their own work or terrain. A Departmental seminar was organized by the Community Health Department on 24. 03.2018. Prof. Vijayamalar, H.O.D welcomed the delegates to the programme. Dr. Muralidhar, Medical Officer Tuberculosis Centre gave a talk on Tuberculosis – Incidence, Causes, Diagnosis, Treatment (DOTS), Prevention & Role of Health Professionals followed by question & answer session from 11am to 1pm. The programme was concluded with thank giving by Mrs. Elaiyarasi S, Asst. Prof. of CHN Dept. The direct interaction with the resource person who is practically involved in it and his real experiences made the programme an eye-opening session for the participants of B.Sc. Nursing & M.Sc. Nursing including the faculty.

## BASIC LIFE SUPPORT TRAINING

As a part of Skill Training programme, one day Basic Life Support Training programme was conducted for the Final Year GNM students on 19.7.18. The BLS training programme commenced by 9am with a brief introduction about the importance of early and high quality CPR. Students actively participated in the sessions. They were taught about the High-Quality CPR and use of AED. The presentation was by videos, demonstrations and hands on practice. All the students scored above average in the post test. Thus, all of them received certificate after completion of the training.



**2- Rescuer Adult CPR**



**1 - Rescuer infant CPR**



## **IQAC : FACULTY FOLDERS ORIENTATION TO NEW FACULTY**

As a part of Quality Initiatives in teaching learning, all the faculty of the nursing college are responsible to maintain soft copies of their faculty folders namely: subject folder, personal folder, proctor folder and performance folder. About this all the newly appointed faculty were oriented to the faculty folders by the members of IQAC from 4.6.18 to 7.6.18 from 4pm to 5pm. Mrs. Radhika, Mrs. Kapu

Manjula, Mrs. Manjula T, Mrs. Gincy Samuel, Mr. Rahul, Mrs.Chitra & Mrs. Deepthi were part of the orientation programme. All the newly appointed faculty (07) participated in the orientation programme. They were curious enough to understand about the different documents. Their doubts were clarified and they accepted the system and promised to abide by the system.



## **QUALITY UPDATES OF NAAC NEW GUIDELINES**

Seminar on Quality updates of NAAC new guidelines was held on 30.7.18 at nursing college seminar hall. The main aim of this seminar was to throw light on the various quality activities, quality aspects and latest guidelines and methodology in NAAC process. Dr. Shejila Sanjeev briefed on the various quality aspects and emphasized on the Revised Assessment & Accreditation Framework of NAAC launched in July 2017.



## ADMINISTRATION VISIT 2017/18

### ST. PHILOMENA'S HOSPITAL, BENGALURU

St. Philomena Hospital was started with a small group of JMJ Sisters by Sr. Dr. Mary Veronica in 1937. It was started as a small Health Center with 2 beds which slowly grew up to the present 400 bedded General Hospital over the past 75 years. The vision of the Hospital is a center for excellence in nursing education, which is geared towards the preparation of creative caring, competent and dedicated nursing professionals to meet the needs of the society by an expression of Christian concern for the sick and suffering. The mission of the Hospital is to bear witness to Christ's compassionate love with a sensitive heart and to render selfless, efficient and comprehensive nursing care to the poorest and most abandoned among the sick. IV year B.Sc, II year M.Sc. and II year P.B.Bsc

along with Mrs. Manjula T visited the college on 11<sup>th</sup> June 2018 as a part of their administrative requirement.



### RAMAIAH HOSPITAL AND NURSING COLLEGE



On 13<sup>th</sup> June 2018, we the final year students of B.Sc. Nursing, P.B.B.Sc. Nursing and M.Sc. Nursing visited the Ramaiah Medical College and Hospital and the M.S Ramaiah Institute of Nursing Education. The teaching hospital has the latest technologies and the nursing students are allowed to observe and practice on those facilities. The Medical College also owns an Advanced Learning Centre. The Advanced Learning Center (ALC) is a one-of-a-kind initiative that complements conventional bedside teaching by bringing practice-based learning to the fore. It is accessed by students, faculty and the nursing staff. The institution is also well-known among other hospitals and nursing institutions for its frequent workshops and implant validation programme.



## WOMEN CELL 2017/18 INTERNATIONAL WOMEN'S DAY-2018



International women's day was celebrated on 08.03.2017 at Vani Vilas hospital, Bengaluru. The program was co-ordinate and conducted by Mrs. Nagammal, Asst. Lecturer, Women Cell Coordinator. Mrs. Usha the Nursing Superintendent gave a brief talk to Antenatal and Postnatal mothers on importance of women's rights.

## WORLD POPULATION DAY -2018



'Family planning is a human rights' a rally on World population day was conducted on 11.07.2017 at Chikkabanavara. The rally was coordinated and conducted by Mrs. Nagammal, Asst. Lecturer, Women Cell Coordinator. Mrs. Elaiyarasi NSS officer & Mrs. Kavita Reddy, Asst professor also actively participated. First year B.Sc N students enthusiastically interacted with the community and created awareness on family planning.

## CHILDREN'S DAY

Children's day celebration was conducted on 14.11.2017 at kereguddahalli primary school, Bangalore. Mrs. Manjula. T, Asst. Professor & Mrs. Miriam Jaisy, professor actively participated in the event. School children were gathered for a brief talk on Importance of personal hygiene which was delivered by Mrs. Manjula. Professor. Mariam Jaisy engaged the children in practice session.



## COMMUNITY OUTREACH ACTIVITY

### INTERNATIONAL YOGA DAY

Under the guidance of Mrs. Vijayamalar H.O.D, Mrs. Deepthi M Asst. Lecturer Initiated and Observed International Yoga Day at Govt. Primary School, Sasuveghatta Village, Bengaluru on 21.06.2018. World Yoga Day celebration of 2018 is based on the theme "Yoga for Peace". Ms. Tabitha IV Year B. Sc Nursing Student addressed the children and educated on Importance of Yoga and its impact on their day to day life. Mrs. Deepthi M performed Suryanamaskar, Gomukahasanam & Kapalbhathi. All School children and our students actively participated by doing Yoga under supervision. The programme inspired and motivated all children and Nursing Students to take up Yoga as a part of their life.



### MISSION INDRADHANUSH PROGRAMME

On December 25, 2014, the Union Health & Family Welfare Ministry launched 'Mission Indradhanush' programme to strengthen the healthcare of children in the country. The Mission Indradhanush programme will focus on improving immunization coverage in the districts and cities to ensure 90 per cent coverage for full immunization by December 2018 instead of 2020.

Under the guidance of Mrs. Elaiyarasi S, H.O.D.(Incharge) & NSS officer, Students of I year B.Sc. Nursing participated in Mission Indradhanush programme survey at Abbigere PHC limits, Bengaluru along with Field workers from 30.07.2018 to 04.08.2018 as a part of community outreach activity. Students of I year B.Sc. nursing participated in the survey at Abbigere PHC limits, Bengaluru along with Field workers. Mr. Siddareddy, Senior Health Assistant of Abbigere PHC along with his team students actively participated in Mission Indradhanush programme survey at a rate of 1000 houses per day for a week along with Field Staffs and Health Assistants of Abbigere PHC at Abbigere PHC limits (Abbigere, Somashettyhalli, Kalanagar, Kammagonadanahalli, Chikkasandra, Shettihalli)





