

Dhirathi 2024

vowels voyage

Victory Vibes
Voices Out of Ecstatic Legacy & Success
of



MVJ COLLEGE OF NURSING

College Motto

“Enter to Learn, Go Forth to Serve to Heal the Sick”.

Our Motto encapsulates educational philosophy emphasizing the idea that nursing education at MVJ College of Nursing prepares the students for a purposeful life of service and the subsequent commitment for the betterment of society.

MVJ College of Nursing set a stage for students to develop competency and reinforce them to recognize the value of nursing profession, create enthusiasm to embrace the rewarding career in healthcare.

The institution facilitates plenty of opportunities to acquire knowledge from committed team of teachers, enrich their nursing skills through hands on experience in MVJ Medical College & Research Hospital and Public Health in a rural setting.

Apart from knowledge and skill, embracing positive attitude towards nursing profession is crucial for providing excellent patient care. MVJ College of Nursing ensures to enhance positive mindset that fosters compassion, dedication, confidence to meet the global challenges in healthcare service.

Nursing graduates trained at MVJ College of Nursing shall deliver quality patient care on international scale in promoting health, and enhancing the overall resilience of health care system with great fervor and perseverance.



Dedicated To..

Late. Dr. M V Jayaraman

"A Beacon of Hope for Millions.

"Education is the most powerful weapon which you can use to change the world"

It takes such a visionary, someone with extraordinary keen insight to truly understand the depth of what is needed.

Our founder Late. Manikukudi Venkataramana Jayaraman, affectively known as Dr. MVJ was born on 17.05.1928. A Visionary who built, nurtured and endlessly guided us to carry the legacy of providing quality education to the rural population and free medical health care to lakhs of rural poor, He began his career as a simple teacher in a modest institution. He sowed the seeds of an educational revolution that soon setup several institutions bearing fruits of his untiring effort and tenacity. His ardent desire was to give back the society that nurtured him.

Dr. MVJ embarked his true mission of making value education accessible to people from all sections of society. This noble cause gave birth to Venkatesha Educational Society in 1970 which ignited many young mind with education and moral values. Under the Banner of VES emerged 11 leading institutions aiming at sculpting its students in to

responsible global citizens.

The Mission of MVJ group of institutions ensures to provide catalytic impulses to every citizen to stretch their inherent learning competencies through self-discovery process.

Dr. M V Jayaraman had a long cherished dream to set up a school of nursing to train nurses who can provide unparalleled nursing care and services of truly global standards. This dream has become a reality with the commissioning of the school of nursing in 1993 and college of nursing in the year 2004.

With his blessings our footages are continuously registered every year with spectacular achievements in MVJ School and College of Nursing.

Creating a generation of eminent thinkers and wise planners contributing to a better world order is exactly the wish and is the dream of MVJ School and College of Nursing.

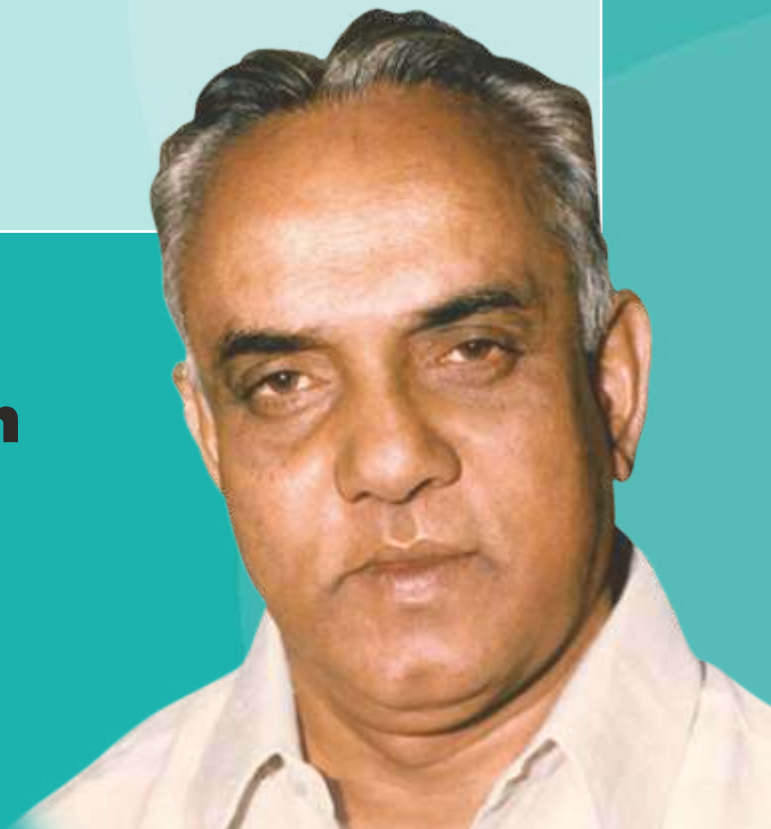
Dr. M. V. Jayaraman

17.05.1928 - 05.05.1993.

A man with exemplary VISION.

Founder

Venkatesha Education Society



CHAIRMAN'S TRIUMPH

“Navigating Leadership and Vision”

-By Prof. Parkavi

“Passing Knowledge forward is not just a duty; it gains strength when shared”

Carrying forward the knowledge, Dr. M J Mohan beholds it brighten the minds of others.

Dr. M. J. Mohan continues the generous bequest of knowledge and wisdom inherited by his Father, Late. Dr. M. V. Jayaraman. When you inherit a rich legacy, you have two choices. One, enjoy the legacy or two, nurture it and take it forward. Dr. M. J. Mohan chose the latter. He believes in the vision of our founder Dr. M. V. Jayaraman that the best legacy we can leave behind is not material things, but contribution to humanity by serving a cause greater than our own. The cause closest to his heart is providing education for all. It is in igniting minds, lighting the lamp of knowledge, moulding characters and shaping the destinies that Dr. M. J. Mohan finds the greatest satisfaction.

MVJ College of Nursing is a dream and vision conceived and achieved by our founder Dr. M. V. Jayaraman to provide education and unparalleled nursing care and services in the rural sector.

It was sculpted by his son Dr. M. J. Mohan, whose sagious leadership navigates through the realms of excellence in creating committed and brilliant nurses.

Dr. M. J. Mohan, a General Surgeon by qualification, took over the reins after the untimely passing on of his father Dr. M. V. Jayaraman in May 1993 and shouldered the responsibility of running the Venkatesha Education Society as its secretary.

The seeds sowed by our founder in the form of VES has grown into a big tree not only providing shelter to many poor people by ensuring them job opportunities in the institutions run by the society, but also provided fruits for many young nurses, exposing students to all recent and modern patient management protocols.

The Chairman's journey at the helm is narrative; rich with milestones that have reshaped our institution's destiny. Under his stewardship, MVJ College of Nursing has metamorphosed into a citadel of learning where innovation

isn't just encouraged but ingrained in the very ethos of our academic pursuits. The architectural marvels of his visionary decisions echo through the halls, each building a testament to his commitment to providing world-class learning environment.

The institution has done well and will continue to do its best to help cultivate the core skills needed to become and remain ecologically literate citizens, as well as prepare students to face challenges in the medical domain, while celebrating their many achievements. MVJ Group of institutions tireless endeavors have resulted in establishing quality-conscious institutions where “Excellence is driven by values, Success is strengthened by ethics and Modernity is fortified by tradition”.

When delving into historical era of MVJ, we embark a journey through the corridors of leadership, guided by our chairman whose commitment is etched in every brick, every syllabus and every aspiration nurtured within MVJ College of Nursing. Beyond the realm of bricks and mortar, our Chairman's legacy resonates in the hearts and minds of MVJCON'S community. As we unveil the facets of his leadership, may this portrayal serve as a tribute to the man who has sculpted the identity of MVJ College of Nursing and ignited the flame of inspiration within each of us.

Dr. M J Mohan

Chairman
MVJ Medical College & Research Hospital
MVJ College of Nursing

MY DIRECTOR'S ODYSSEY

Pioneering Leadership for Tomorrow's Triumphs

-By Prof. Parkavi

In the realm of leadership there are those who merely manage, and then there are visionaries who redefine the very essence of an Organization. Dr.Dharani is one such luminary- our dynamic captain steering our ship through uncharted waters with Finesse and Fortitude. Dr.Dharani Joined the MVJ College and Research Hospital in 2007 and certainly, it has never been the same again! Her dedication to the cause of uplifting others and her commitment to her work make her an inspiration to those around her. Over the years, she has braved criticism, challenged stereotypes and discrimination, and has risen to every role and expectation assigned to her. Her determination, inner strength and compassion make her an exemplary leader.

Born as the youngest daughter of Mr. Mohan P. and Mrs. Rajini, Dr. Dharani was exceptional since her childhood. She was an outstanding student, no doubt. Since young, her efforts were diverted towards putting herself to be a part of uplifting the society. She was drawn to social service at an early age of 13, when she started volunteering at KC General Hospital, Bengaluru for 3 months annually for a period of 2 years. Her love for education and her persistence pushed her to the level of completing her MBA in Hospital Administration and Hospital Management in 2008 and 2010 from Zaskin University UK and Doctorate in public health Specialization Hospital Management from Ecole Superieure Robert de Sorbon University, France.

Dr. Dharani stepped into the role of administrative officer in 2007 at MVJ Medical College and Research Hospital that marked the turning point for her career and indeed the institution as well. Having proven herself in this role, she was handpicked by chairman to oversee the management of the Nursing College in 2009. Dr. Dharani took up the challenge

achieving full-fledged admissions of 100 B.Sc. Nursing and DGNM Students. Her prowess as an administrator was even acknowledged by the American Biographical Institute who awarded her a Gold medal for her efforts. She stood up by her principles creating successful exist despite millions of concerns and her impeccable record and professionalism uplifted her as Chief Executive officer in 2014. In 2021, she progressed to become the Director of MVJ College of Nursing. In 2022, Dr. Dharani was uplifted as Director of MVJ College of Allied Health sciences.

From the moment Dr.Dharani assumed the navigation, she brought a transformative energy that rippled through every facet of our organization. Under our Director's guidance, we have witnessed not just growth, but an evolution that has set new benchmarks in our organization. Dr.Dharani is a self-made woman who has risen through the ranks with her hard work and grit. Over the years, she has received bouquets and brickbats and compliments and criticism.

What sets our Director apart is not just her ability to navigate challenges but to transform them into opportunities. She possess a keen foresight that anticipates organisation trends, and with a deft hand, she guides our ship to stay ahead of the curve. Her decisions are not merely calculated, they are the product of a visionary mind, a mind that constantly seeks innovation and embraces change. Her problem-solving attitude has translated into several revolutionary initiatives and numerous awards and accolades.

Outside of her professional capacity, Dr.Dharani continues to find ways to ensure access to healthcare for all. She has established the Sai Dharma Trust, an initiative that caters to vulnerable sections of the society, namely orphans, the

elderly, mentally challenged children, and underprivileged individuals. The trust offers free medical treatment and also conducts various activities.

As we raise a toast to our Dynamic Director we acknowledge the countless hours, sleepless nights and unwavering commitment that have gone into carving our success story. Her Journey has been full of trials and tribulations. She has challenged antiquated ideals, explored new ideas and forged a new path -not for herself but the institute as well. Dr.Dharani has nurtured a sense of belonging where every team member feels valued and empowered to contribute their best. Here's to a leader who doesn't just lead but inspires, who doesn't just manage but envisions and who doesn't just succeed but propels towards greatness.

To know Dr. Dharani is to know true leadership



Dr. Dharani Mohan

CEO, MVJ MC&RH
Director, MVJCON

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Editorial

*"Journeying through Wisdom and Wonder:
Unveiling the Unexplored Horizons of Knowledge and Creativity."*

As custodians of the written word and architects of narrative, we proudly present to you 8th edition of our annual college magazine Dhirathi 2024, a testament to the collective brilliance that defines our academic community.

In the tessellation of words, the editorial pen is the thread that weaves narratives, stitches ideas, and leaves an indelible mark on the fabric of understanding. Dhirathi 2024 marks a linguistic journey as we plumb into the pulsating theme Vowels - the rhythmic essence of expression, the symphony of linguistic diversity. As we flip through the pages of this college magazine, let's celebrate the kaleidoscope of voices, the vibrant stories each vowel whispers and the profound impact they collectively weave within our academic anchorage.

In the corridors of academia, we are explorers, seekers of knowledge, and builders of dreams. This magazine encapsulates the intellectual triumphs, the scholarly endeavours, and the intellectual journey set out by

our fellow students and faculty. It is a celebration of academic excellence, an acknowledgment of the relentless pursuit of wisdom that defines our academic ethos.

I express my gratefulness to our respected chairman Dr. M J Mohan for his continued support and for providing us with the opportunity to contribute to the intellectual and creative landscape of our college. We are grateful for your leadership, and we look forward to continuing this journey of academic exploration under your esteemed guidance.

I extend my sincere gratitude to our Director Dr. Dharani, for her exceptional guidance and support throughout the creation of this year's college magazine. Your visionary leadership has been the cornerstone of our success, inspiring the editorial team to strive for excellence in every aspect of our work. Your commitment to fostering creativity, promoting diverse perspectives, and upholding the highest standards of academic integrity has

profoundly influenced the character of our publication.

My heartfelt thanks to our Principal Prof. Priscilla Nirmal, Vice-Principal Mrs. Mahalakshmi, and my editorial team for being the pillars of wisdom in shaping this aspire. They have helped me to collate and present the events of the academic year 2023-24 in a perspicuous manner and to compile the creative endeavors of budding writers and artists for the college magazine.

I earnestly acknowledge the efforts of the design and printing team of Josco Printers in making this magazine.

In essence, dear readers, this college magazine Dhirathi 2024 is a living codicil to our shared journey. It encapsulates the soul of our academic activities, painting a vivid picture of who we are and who we strive to be. So, with hearts full of curiosity and minds open to exploration, let us embark on this literary vowels voyage together.

Happy Reading!



Prof. Parkavi B
MVJCON
Chief Editor

Editorial Board



Seated left to right:
Mrs. Anasuya V, Prof. Parkavi B, Prof. Priscilla Nirmal G - Principal, Dr. Dharani Mohan - Director,
Mrs. Mahalakshmi B - Vice Principal, Prof. Christy Sharmila K

Standing left to right:
Ms. Riya Bist, Ms. Sohini Roy, Mr. S K Ariz Rahaman, Ms. Mannya Manoharan Nair



Patrons & Members of the Editorial Board

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Chairman

MVJ Medical College & Research Hospital,
MVJ College of Nursing,
Bengaluru

PATRON

Dr. Dharani Mohan

CEO, MVJMC & RH
Director, MVJ College of Nursing

Prof. Priscilla Nirmal

Principal
MVJ College of Nursing

EDITOR - IN - CHIEF

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MVJ College of Nursing

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Ms. Sohini Roy

III Year B.Sc.(N)

Ms. Christy Maria

II Year DGNM

Mr. S K Ariz Rahaman

II Year B.Sc.(N)

Ms. Manny M Nair

II Year B.Sc.(N)



SIDDARAMAIAH

*Chief Minister
Government of Karnataka*



NO: CM/PS/196/2023

Date: 08-01-2024

MESSAGE

I am immensely happy to learn that MVJ College of Nursing is bringing out a Souvenir on the occasion of its graduation day in January 2024.

“Nursing is to put the patient in the best condition for the nature to act upon” said Florence Nightingale, the founder of modern nursing. Nursing holds the reputation for the compassion and dedication. Nurses are indispensable in safeguarding public health. The MVJ College of Nursing is one of the pioneer institutes of the State, which has been producing well trained and qualified nursing professionals.

I wish that the college will continue to render its quality education in nursing in years to come. I hope that the souvenir which is being brought out on the occasion will document the long journey of the college and will also provide a platform to the students and teachers to showcase their talent.

My best wishes to the Principal, teaching and non-teaching staff and students of the college.

Siddaramaiah

Vidhana Soudha, Bengaluru - 560001



Dr. B. L. Sujatha Rathod

*Director
Directorate of Medical Education
Government of Karnataka*



MESSAGE

It gives me great pleasure on the release of Annual Magazine of MVJ College of Nursing, Bangalore, on completing 30 years of nursing education.

I believe that this special issue will high light the milestones in the luminous history of the MVJ College of Nursing.

May God, the almighty continue to bless and guide the students, members of teaching and non-teaching faculty to fulfil the institute's vision in the upcoming years.

I wish them success in all their future endeavours.

A handwritten signature in black ink, appearing to be "Sujatha".

Dr. B. L. Sujatha Rathod

BMC & RI (old building), 1st Floor, Fort, K.R. Road, Bengaluru-02.



Dr. M.R. Ramesh *M.S., FRCS.*

*Vice Chancellor
Rajiv Gandhi University of Health Sciences*



Date: 05-01-2024

MESSAGE

I am happy to learn that the MVJ Nursing College, Hoskote is celebrating the Graduation Day Ceremony in January 2024. As part of this event, the college magazine will also be released.

The college has been providing all round healthcare facilities and education for the Hoskote region for the past many years, with dedication. I hope that the magazine will include useful information not only for the students of this college, but also for the entire nursing professionals of our state.

I greet the students, teachers, principal, and management of the institution on this occasion, and wish you all well.


Dr. M.K. Ramesh

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Dr. Riyaz Basha. S *M.D, GMHE (IIM-B)*

*Registrar (Evaluation)
Rajiv Gandhi University of Health Sciences*



Date: 05-01-2024

MESSAGE

I am happy to learn that the MVJ School of Nursing and the MVJ College of Nursing, Hoskote are celebrating their joint Lamp Lighting Ceremony. Started in the year 1993, and 2004 respectively, these institutions are observing their Graduation Day Ceremony in January 2024.

With the founder's commitment that health is a fundamental right of every human being, these institutions have been serving with nursing care and nursing education driven by the motto "Enter to learn, go forth to Serve and heal the Sick".

I also understand that a college magazine will be released to commemorate the occasion. College magazines are outlets for the creativity of the students and teachers. Their intellect and ingenuity get honed through constant efforts in expressing through journals and magazines. Such sharing of ideas and experiences enriches the readers and gets a wider audience.

I am sure that the compilers of the College Magazine will reflect the ingenuity of the students and staff of MVJ Nursing Institutions. Hoskote and live up to its expectations.

I greet and compliment the management, Principal, Staff, and the Students of MVJ Nursing Institutions. Hoskote. On the Occasion of this momentous event.

Dr. Riyaz Basha.S

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Dr. MJ Mohan *M.B.B.S., M.S.*

*Chairman
MVJ Medical College & Research Hospital
MVJ College of Nursing*



MESSAGE

I am immensely proud to write a few words as prologue in the release of our College magazine DHIRATHI 2024. The prime aim of this magazine is to inspire innovative ideas and motivate creativity of our students. It reflects the vibrant dynamic creativity of young minds which is carved out from a variety of talents, and creative skills. Students exhibit their flowering ideas, humour, creativity, dreams and emotions throughout the pages.

I am proud that nurses of MVJ College of Nursing, always comes in flying colours in the university examination with maximum distinctions & ranks. They are also well trained in their practical approach of patients care due to proximity of MVJ Research Hospital under the guidance of our doctors.

This year round academic programmes and cultural activities on special occasions conducted by MVJ College of Nursing, to name a few like... Strings festival, teachers Day Celebration, World Aids Day, World Cancer Day, International day of yoga, sports day, Independence day, Saraswati puja, Christmas cheer & so on... by active participation of faculties & students gives them an opportunity to showcase their hidden talent both in curricular & extra-curricular activities.

I would especially like to acknowledge the significant contribution by our team of experts led by Director Dr. Dharani.

I appreciate the sincere efforts of the Editorial Committee in shaping this magazine that brings to light the varied and commendable talents of our students.

I wish my students and staff all the very best for their future endeavours.

Dr. M J Mohan



Dr. Dharani Mohan

*Director
MVJ College of Nursing*



MESSAGE

It's my pleasant privilege to write this message for the magazine Dhirathi 2024. Another year has rolled up on the march of time and my interwoven exploration as Director through and with MVJ College of Nursing for 14 years is a panegyric to firmament which celebrates its 31st Year of success. As we stand at the intersection of knowledge and possibility, I am honoured to share this momentous 8th edition of our magazine Dhirathi 2024. It is not just a publication; it is a testament to the collective brilliance that defines MVJ College of Nursing.

Progressing on the oscillation of span this meandering expedition has brought me in proximity with this prestigious institution that has been a pinnacle of wisdom. I remain indebted to our honourable chairman Dr. M J Mohan for entrusting confidence and faith in me that helped render my service sincerely.

At the heart of our institution is a commitment to shaping future leaders, thinkers, and visionaries. As we navigate the diverse narratives within these pages, let us celebrate the spirit of inquiry, the pursuit of knowledge, and the boundless potential that resides within each student and staff of the MVJ family. In the Canvas of Intellectual endeavours, our students are the vibrant threads weaving tales of excellence and innovation. Their endeavours, fuelled by curiosity and passion, echo the ethos of MVJ College of Nursing. Dhirathi encapsulates their triumphs, showcasing the transformative power of education.

To the students, faculty, and staff who make MVJ College of Nursing an intellectual haven, I extend my deepest appreciation. Your dedication is the driving force behind our shared success.

I acknowledge and congratulate the editorial team for bringing out this innovative issue which would go a long way in highlighting its achievements.

May Dhirathi 2024 inspire, enlighten, and serve as a enduring legacy to the extraordinary journey we undertake together.

Dharani
Dr. Dharani Mohan



Dr. B. Ravichander

*Principal
MVJ Medical College & Research Hospital*



MESSAGE

It is indeed a great pleasure to know that MVJ College of Nursing is planning to release its College magazine, Dhirathi on 31st Jan 2024.

MVJ College of Nursing is co-located with MVJ College and as a result, I have had the opportunity to closely see their actions and performance which I have observed has improved year on year winning laurels for the institution.

I have been fortunate to be associated with their activities both academically and extra-curricular which has given me immense pleasure. With dedicated staff team, enthusiastic and eager students, I am sure MVJ College of Nursing will achieve greater milestones in the years ahead.

I convey my best wishes for the Graduation and Lamp Lighting Ceremony.

Dr. B. Ravichander



Prof. Dr. Dayananda G

*Medical Superintendent
MVJ Medical College & Research Hospital*



MESSAGE

It is with immense pleasure to write my message as Medical Superintendent of MVJ Medical College and Research Hospital for the annual magazine - DHIRATHI 2024 set to be released during the Graduation Ceremony.

It is one's great honour, to be associated with this vibrant institution with top-notch and excellent teaching faculties, students and staff support systems. We provide a conducive teaching - learning environment, sports and recreational facilities for an all-round development of our students.

I congratulate all the staff and students of MVJ College of Nursing for all their academic and extracurricular success and spectacular achievements in the noble profession. Their emphasis to develop the right attitude and human approach in treating the sick and needy is greatly appreciated. Warm wishes to the proud parents and hearty congratulations to the Graduating Batch of Students.

I profusely thank our Idealistic Chairman Dr. MJ Mohan, our certainly a Spirited Personality, CEO Dr. Mrs. Dharani Mohan, Members of the Management, and the Enthusiastic Principal, MVJCON Prof. Priscilla Nirmal for all their passionate support towards this endeavour. It is my earnest duty to place on records my gratitude and heartfelt thanks to the editorial committee and all the contributors for making DHIRATHI 2024 a growing success.

Prof. Dr. Dayananda G



Prof. Priscilla Nirmal G

*Principal
MVJ College of Nursing*



MESSAGE

Dear Readers,

Welcome to another edition of our college magazine "Dhirathi 2024". As we navigate challenges and celebrate success, let us remember that each story, achievement and aspiration contribute to the rich tapestry of our academic journey.

This magazine mirrors the accomplishments, tasks, team work and vibrant experiences that define our academic activities which makes learning joyful. This publication embodies the spirit of innovation, resilience and a testament to the collective spirit reflected in articles, drawings and poems inscribed by the students and the staff.

May these pages inspire and encapsulate the diverse talents of editorial team. I commend the efforts of editorial committee and their novelty in vowels expression echoed in this publication.

I express my gratitude to Honourable Chairman, Beloved Director and dedicated team of teachers and students with limitless potentials.

Prof. Priscilla Nirmal G



Mrs. Mahalakshmi B

*Vice Principal
MVJ College of Nursing*



MESSAGE

“Everybody is talented, everybody who is human has something to express.”

Warm Greetings to each one of you! Welcome to our 8th edition of our college magazine-Dhirathi 20K4. The MVJ School and college of Nursing unfurls it's talents in the form of “VOWELS” and it is heartening to read all about it in the Annual college Magazine.

Over the years, the institution has equipped the students with opportunities to explore and grow through situations that challenge them in identifying their strength and to reinforce it. “Enter to Learn, go forth to serve, and Heal the Sick.” This ardent motto of our college encourage our students not only to excel but to do so collaboratively and constructively. They participate in rich and varied extracurricular activities, ranging from athletics to cultural programs, from participation in quiz to performance in state and zonal level competitions.

We motivate our students to nurture three very special values; to be professionally innovative, to conduct oneself with integrity and to be socially inclusive. Many of our alumni at both national and international extents make us feel proud by personalizing these values and demonstrating them in the practice areas that demand competence and leadership. Teachers at MVJCON create a contemporary shrine for learning through Diligence, Devotion, and Dedication. We pride ourselves on fostering an inclusive environment where every voice finds resonance. In diversity, we find strength, and in inclusivity, we build bridges that connect us all.

Dhirathi 2024 is not just a publication; it is a dialogue—a dialogue that transcends the boundaries of print, extending its reach into the very fabric of our community. This magazine is a reflection of commitment of our editorial team, staff and students.

My Sincere thanks to the Management, teachers, Parents, and students for their uncompromising support and co-operation. I look forward that the celebrations of milestone of MVJ college of Nursing is filled with joy, vigor promises and opportunities in the years to come.

Mrs. Mahalakshmi B

The Faculty of MVJ College of Nursing



Seated left to right: Mrs. Anasuya V, Prof. Parkavi B, Prof. Priscilla Nirmal G - Principal, Dr. M J Mohan - Chairman,
Dr. Dharani Mohan - Director, Mrs. Mahalakshmi B - Vice Principal, Prof. Christy Sharmila K

Standing left to right: Mrs. Sushmita Acharjee, Ms. Sukanya S, Ms. Pavithra T, Mrs. Jyothi G,
Mrs. Kavitha LA, Mrs. Manipadavu Shruti, Mrs. Aruna B, Ms. Dorcas C F

Standing left to right: Mr. Aravind K, Mr. Bharath Kumar P, Mrs. Gowthami M R,
Mrs. Sandhya Rani C, Mrs. Girijamma, Mr. Pramod K, Mr. Arun S

Final Year B.Sc. Nursing Batch



Final Year DGNM Batch



Theme VOWELS

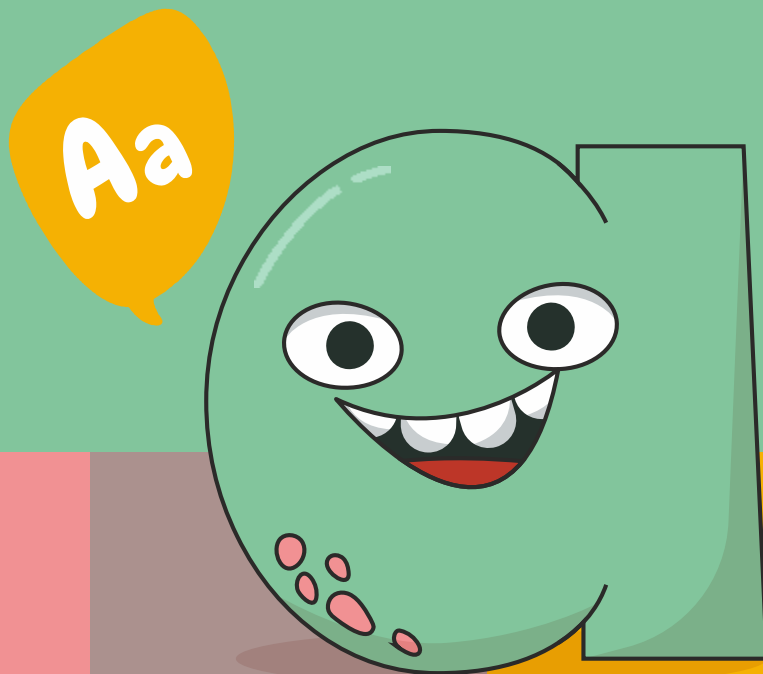
Vowels are the queens and kings of the English alphabet. The fascinating world of the English language includes words that have all vowels - A, E, I, O, U. Vowels, the heart of spoken expression, are speech sounds produced with an open vocal tract contributing to the rhythm, melody, and clarity of language, allowing us to convey a myriad of emotions and meanings. The flexibility and variety of vowel sounds make it a dynamic and expressive form of communication. Each vowel has its unique resonance, contributing to the rich tapestry of human speech.

**A, E, I, O, U, so clear,
Vowels sing, melodies we hear.
Open mouths, sounds unfold,
In the tapestry of language, stories told.
Vowels dance, a linguistic ballet,
A, E, I, O, U in words they play.
Whispers of A's, echoes of E's,
In the symphony of language, a gentle breeze.**



Academic and Achievement Articulations

A symphony of openness, a vowel's embrace,
"A" begins tales in a linguistic chase.
An archway to narratives, wide and free,
In every word, it beckons thee.



The Best
REVENGE
is
massive
Success

COLLEGE TOPPERS

Academic Trounce!!

Amazing! Warmest accolades to all of you on achieving academic excellence!! Your hard work and dedication to your education is incredible. You deserve all of the congratulations coming your way. Your efforts and resilience is celebrated.



Ms. Arnatri Choudhary
419 (83.8%)



Ms. Sejuti Saha
419 (83.8%)



Ms. Ashika Dhakal
417 (83.4%)



Ms. Sujata Budhathoki
413 (82.6%)





UNIVERSITY RANKS CHRONICLE

Charting the historical trajectory of university ranks at MVJ College of Nursing unveils a narrative of unwavering academic prowess. From the inaugural achievements that set the tone to the contemporary era of consistent excellence, our institution's legacy in producing rank holders speaks volumes about a sustained commitment to intellectual brilliance and educational distinction. It is a tale of students transcending academic boundaries, leaving an indelible mark on the college's academic landscape.

B.Sc. Nursing

Batch	Number of University Ranks
2013-2017	24
2014-2018	50
2015-2019	36
2016-2020	15
2017-2021	56
2018-2022	20
2023-2024	Awaited!





“If knowledge is the power, then learning is the superpower.”

Teachers who are also learners update themselves with current knowledge by attending continuing nursing education throughout the academic year. Upgraded knowledge, skill and attitude will in turn enhance their quality of teaching.

We develop professionally adopting a beginner’s mind-set, staying teachable, seeking feedback, teaching others and embracing team work.



Sl. No.	Date	Name Of the Faculty	Designation	Topic
1.	06/01/2023	Mr. Pramod K	Nursing Tutor	Neural implants
2.	24/04/2023	Mrs. Kavitha L A	Lecturer	Clear Blue Pregnancy Test Kit
3.	20/05/2023	Mrs. Sushmitha Acharjee	Asst. Professor	Treatment Modalities of Burns
4.	24/06/2023	Mrs. Jyothi G	Asso. Professor	NASG and NIPT (Non-pneumatic Anti-shock Garment and Noninvasive prenatal test)
5.	18/08/2023	Mrs. Aruna B	Asst. Professor	FINE (Fetal Intelligent Navigation Echocardiography)





Virtual Guest Lecture

On 25th August 2023 a Virtual Guest Lecture was organised on Electronic Fetal Heart Rate Monitoring in Labour The Guest Speaker for the program was Dr. Mereen Chandy, the well experienced and skilled professional in the field of Obstetrics and holds position as Midwifery Educator, Practice Development Unit, in Logan Hospital, Queensland Health, Australia. The Faculty of MVJCON, Final year B.Sc. Nursing and DGNM students attended the session. The lecture was very much interactive and students took active participation during and post webinar sessions. Dr. Mereen Chandy clarified the doubts and concerns on the topic very precisely.



TNAI Zonal Workshop on OSCE

(Objective Structured Clinical Evaluation)

“Training alone is rarely the answer to ensuring successful behaviour change in the work environment.”
-Ravinder Tulsiani



The Trained Nurses' Association of India, Karnataka State Branch organized Zonal Workshop in Collaboration with M V J School & College of Nursing On “Assessment of Clinical competence” on 11th May 2023.



The workshop was inaugurated by Chief Guest Mr. Prasanna Kumar O, Registrar, Karnataka State Nursing Council, Karnataka, Bangalore. TNAI Executive members Dr. ATS Giri, President, TNAI – KSB, Dr. Ramu K, Vice President, Bangalore Zone, TNAI – KSB, Dr. Hemalatha Ravi, Secretary,

TNAI – KSB and Dr. Rache Gowda, Incharge principal, MVJMC & RH, Dr. Dayanand, Medical Superintendent, MVJMC & RH, graced the occasion.

- The Programme was formally welcomed by Prof. Priscilla Nirmal G, Principal MVJCON. The Significance of the programme was narrated by Mrs. Mahalakshmi B, Vice principal, MVJCON. The inaugural programme was concluded by felicitating the dignitaries and the resource persons. Vote of thanks was given by Dr. Hemalatha Ravi, Secretary, TNAI – KSB.

- First session “Why Objectivize Examination?” Was presented by Prof. Priscilla Nirmal G. followed by Second session “OSCE - Planning and Implementation” was conducted by Prof. Maryann Washington, Professor, (non-tenure), Division of

Epidemiology & Population Health, St Johns Research Institute, Consultant - WHO (ACS-IR project). “Preparing Types of stations in OSCE” was demonstrated by Dr. Dr. Leena, Principal, Baptist Institute of Nursing. Later “Challenges & Solutions in developing and implementing OSCE” was discussed by Dr. Hemalatha Ravi, Secretary, TNAI – KSB.



- Teaching faculty comprising 54 members from different colleges have attended the workshop and they have expressed a greater learning experience through workshop.





BASIC LIFE SUPPORT TRAINING PROGRAMME

"Tell me and I forget, teach me and I may remember, involve me and I learn."

Student's enrichment programme for final year B.Sc. Nursing students was conducted on September 13th & 14th, October 12th & 13th at skill and simulation lab by MVJMC & RH faculty team. The training programme was inaugurated by Dr. Ravichander, Principal MVJMC&RH. The students were given a pretest followed by ground rules and expectations regarding the workshop. The programme covered the topic sessions including CPR/FAO theory, NRP theory, and Labour theory. At the end of each session; students had workouts on scenarios and practical demonstrations. The workshop was concluded with the posttest and students' feedback.



28 - Academic & Achievement Articulations - Dhirathi 2024



Educational & Extra-curricular Precedency

In the tapestry of language, a silent plea,
"E" weaves whispers, a symphony.
A breath of air, a linguistic sigh,
In every word, its presence does lie.





Lamp Lighting & Graduation Ceremony

The Vedanta Auditorium decked up a joyous festive on 11th March 2023. As 133 freshers were stepping in to the campus; the 28th batch of DGNM students and the 16th batch of B.Sc. Nursing students were ready to step out of campus and serve human kind. Dr. Dharani Mohan, Director of MVJ College of Nursing addressed and welcomed the gathering. Chief Guest Dr. Sujatha Rathod, Director, Directorate of Medical Education, Government of Karnataka awarded the certificates to 146 graduates and released the annual college magazine Dhirathi 2023. Honourable Chairman Dr. M.J. Mohan congratulated the graduates and the freshers.

The Lamp lighting ceremony—a tribute to Florence Nightingale—is a solemn occasion as incoming students take the Nightingale Pledge to maintain and elevate the standards of their profession. Excellence in Academics is the hallmark of our institution. Final year DGNM and B.Sc. Nursing students passed out in flying colors securing distinctions and earning University Ranks.

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**M V J COLLEGE OF NURSING
OVERALL B.SC. NURSING TOPPER 2018 BATCH
DR. M V JAYARAMAN GOLD MEDALIST**



M V J COLLEGE OF NURSING



B.SC. NURSING TOPPERS



M V J SCHOOL OF NURSING
OVERALL DENM TOPPER 2019 BATCH
MRS. RAJALAKSHMI JAYARAMAN SILVER MEDALIST





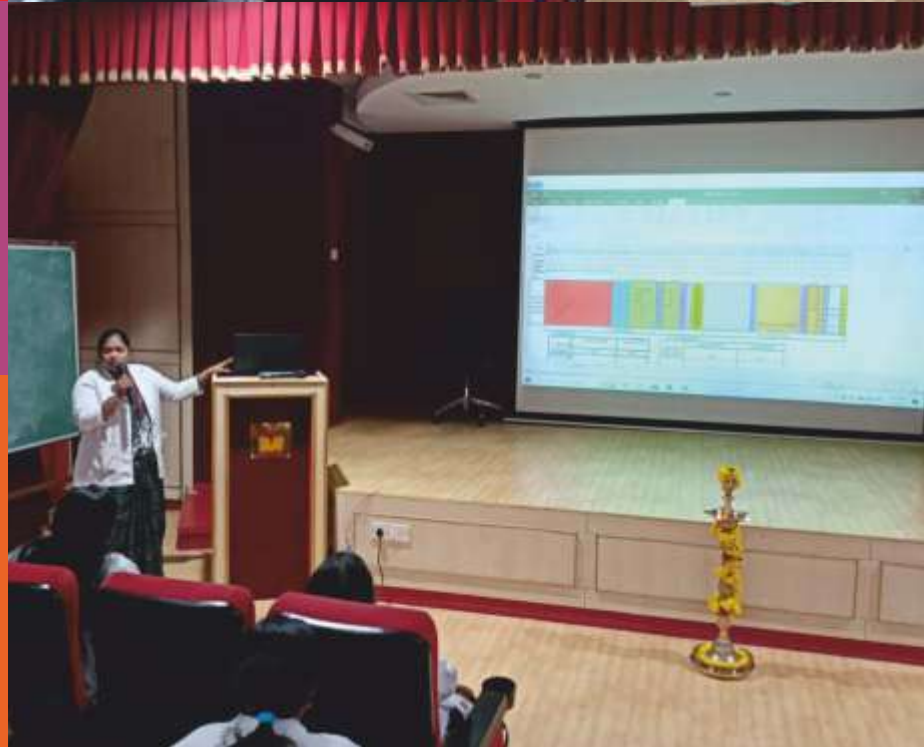
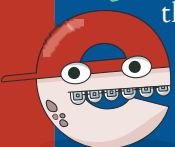
ORIENTATION PROGRAMME

of B.Sc. Nursing
&
DGNM Students
2023-2024

Orientation Programme of freshers admitted to B.Sc. Nursing and DGNM for the academic year 2023-24 was conducted on November 3, 2023.

Dr. Dharani, Director MVJ College of Nursing, addressed the gathering. Principal Prof. Priscilla Nirmal G. enlightened the students on the academic plan and the achievements of the institution. She also shared the teaching methodologies and scholastic activities of the students. Mrs. Mahalakshmi B, Vice-Principal, explained the rules and regulations of the institute and hostel and urged the students to abide by them.

Prof. Parkavi B. provided valuable information on the B.Sc. Nursing curriculum followed by Mrs. Christy Sharmila on DGNM curriculum. The students were oriented to the teaching faculty and the subjects handled by them. A Q&A session gave both students and parents the opportunity to clarify their doubts and concerns. The programme concluded with the National Anthem.





NUTRITION PROGRAM

AS PART OF CURRICULUM TRAINING
AT MVJCON-2023

“Nutrition is not just about eating,
it's about learning to live”



Educational VISITS

"An Educational Visit is any tour that takes children away from their ordinary learning to intensified learning"

Educational Visit- A powerful positive tool that has enhanced the social, personal and emotional development of the students at MVJ College of Nursing. Students are encouraged learning in a new environment besides classroom learning. This Extra stimulation in new environment was particularly beneficial to the students and has taught them the skills, autonomy and self-confidence.



COMMUNITY HEALTH CENTRE



EPIDEMIC DISEASE HOSPITAL



INDIAN RED CROSS SOCIETY



COMMUNITY HEALTH CENTRE



MILK DIARY



Student Nurses Association (SNA) 2023-24 Report



The SNA (Student Nurses Association) of MVJCON is an active forum providing avenues for curricular and co-curricular activities.

The final year B. Sc. Nursing Students of batch 2019-2022 organized and conducted various academic activities that demonstrated a commitment of lifelong learning beyond the classroom.

The SNA Events conducted include the following: On 10th of April 2024 "Debate competition" was organized by Ms. Aiswarya & Team, final year B.Sc. Nursing on the Topic - "Virtual Teaching Vs Classroom Teaching". The aim of organizing debate competition was to hone the critical thinking and help them to develop self-expression by articulating their thoughts and opinion. The event was judged by Prof. Priscilla Nirmal G, Principal MVJCON.

Prizes and certificate were awarded to the Best speaker. Ms. Roshini Phuyal of Virtual teaching team and Ms. Rajini Bharia of Classroom teaching team and the winning team was "Virtual Teaching team."

Seminar on "National Health Policy" was conducted by Ms. Shusmita & Team, final year B.Sc. Nursing. The topic was Presented very precisely and it was very much informative.

Students were motivated by awarding Prize and certificates.

As part of Nurses' day celebration 2023 various literary events and competitions were conducted. The events are as follows;

Essay writing competition on the Topic: "Your Nurses your future" was conducted on 17th May 2023. Ms. Sushmitha, final year B.Sc. Nursing won the first prize, Ms. Srijana Choudhary, III year B.Sc. Nursing secured second prize and Ms. Gargi Mondal, III year DGNM got third prize.

Pick and speak was conducted on 15th May 2023. Mr. Ariz Rahaman received the first prize and Ms. Manny Manoharan Nair won the second prize.

Quiz Competition was organized by SNA Volunteers on "Nursing Foundation." Ms. Shusmita Adak & Team stood first place and Ms. Anjana Kumari & Team earned Second place.

SNA Election 2023-24 The SNA Academic Year was concluded with SNA Election for the year 2023-2024. It was conducted virtually on 14/12/2024 for the post of Vice president, Secretary & Joint Secretary. Mr. Goutham V Siju, Vice President, Mr. Imran M, Secretary, Ms. Christy Mariam, Joint Secretary were elected as SNA office bearers.



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INTERCOLLEGIATE COMPETITIONS - 2023

In the arena of intellect, let the colleges converge, minds clash, and ideas ignite. The intercollege competitions are not just contests but the celebrations of knowledge in its diverse brilliance. Students of MVJ College aren't just competitors; they are architects of their intellectual legacy, building bridges of collaboration and resilience that span far beyond the confines of the competition grounds.

On 12th May 2023, The Immunological & Arthritis Research and Educational Trust, Bangalore; conducted a Medical Exhibition on the occasion of World Lupus Day. Team of Students from Final year B.Sc. Nursing of our college participated in the exhibition and won the Best Poster Award on the theme "Basic Immune System"

TNAI-KSNA, Bangalore organized Bangalore Zonal Intercollegiate sports & Cultural competitions on 30th May 2023 at RR college of Nursing, Bangalore. Students participated in various competitions and brought laurels to our institution.

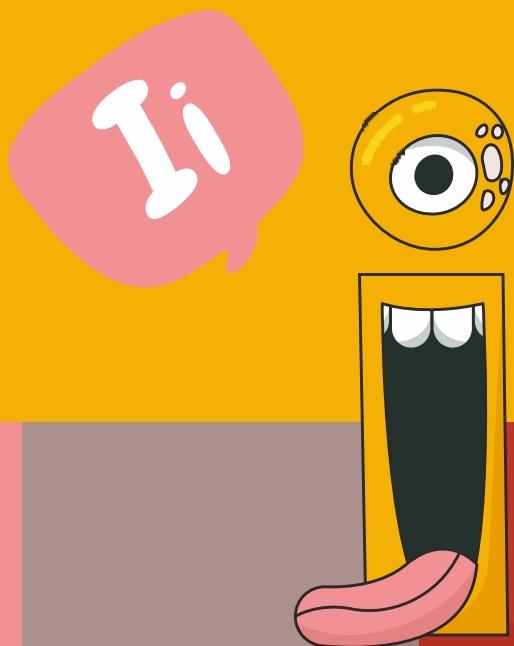
- Mr. Linson P, II Year DGNM won first prize in Discuss throw.
- Mr. Vishnu & team of final year B.Sc. Nursing earned first place in Relay.
- Mr. Anwaya Das & team of final year B.Sc. Nursing secured first place in 100 meters running.
- Ms. Shusmita S, secured first prize in poster Presentation.
- Ms. Harshita, won first prize in shuttle badminton.

"Competition Is Always A Good Thing. It Forces Us To Do Our Best."



Ingenuity
&
maginations

*In the quietude, a single stroke,
"I" stands tall, a word bespoke.
An echo of self in the linguistic sea,
A solitary note, a letter's decree.*



My profession My calling

Mr. Arun S

Associate Professor

Department of Medical and Surgical Nursing

I am very glad to pour out my insight and understanding to all who takes delight in reading this passage. It's my privilege to proudly register "My profession as my calling." Do you know why? Every nurse in the universe has an unanswered question on why I chose this nursing profession? But still we made ourselves as nurses of own choice, dreams, desires, and for parental influence, peer experience, need for migration or money etc.

I can provide the most thoughtful, meaningful, mindful and heartfelt answer to this needful question. "Nursing is a calling, a divine calling from the supreme Power". A nurse is the one who opens the eyes of a new born and gently closes the eyes of a dying man. Indeed it's a huge blessing to be the first and the last, to witness the beginning and the end. Wow! Here we are; the God chosen nurses.

I am happy to cheer and warm your hearts by conveying you that, nurses' are those called and overwhelmed with the gift of compassion. It's our foremost responsibility to respect our calling. My dear fellow nurses; those reading these lines of prophesy, are actually called, definitely chosen to serve, to minister, and to care with passion.

There is no greater honour in this world to be the light for others who is in need. Dear nurses! Though difficult at times, only you can! Your care, compassion and hospitality will definitely be rewarded by supremacy and merely the man who is not eternal. So, stay calm, courageous, enhance patience, accept your calling, with utmost dignity towards your profession. Care and Heal the sick.

REMEMBER; service to man-kind is service to God.
BELIEVE! You are the one chosen to serve.



◆ Strange! WORDS

1. Which reasonably common 9- letter word contains all 5 vowels in the right sequence and only used once each?
2. A 7- letter word doesn't contain any of the 5 vowels?
3. The word contains 3 consecutive pairs of letters in it?
4. The 16 - letter word that uses E as the only vowel?
5. Which is the longest one – syllable word in the English language?
6. Which is the longest word that can be made using only the top row of the keyboard?
7. Which is the shortest sentence in the English Language?
8. Which is the word with the most consonants in it?
9. Which are the two words that begin and end with “und”?
10. Which is the highest scoring word in the game scrabble?

1

2

3

4

5

6

7

8

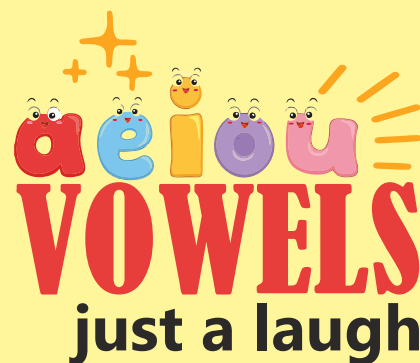
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Mrs. B. Mahalakshmi
Vice-Principal
MVJCON

? Page 48

1. **I once fell in love with a girl that only knew 4 vowels.**
Unfortunately, she didn't know I existed.
2. **I was really happy when I discovered a word with all five vowels.**
It was euphoria.
3. **British English has only three vowels: A, I, O.**
They have left E.U.
4. **28 consonants, 3 vowels, a question mark and 1 comma went to court.**
They're awaiting their sentence.
5. **Why did the vowel bring a suitcase to the party?**
Because it wanted to be A, E, I, O, U, and sometimes Y!
6. **What do you call a vowel that's always on time?**
Punctual (U).
7. **Why did the vowel go for a therapy?**
It had too many issues with its self-esteem.
8. **What's a vowel's favourite exercise?**
A-E-I-O-Urobics!
9. **What did one vowel say to the other at the party?**
"A, E, I, O, U later!"
10. **Why did the vowel refuse to argue?**
It wanted to keep language in harmony.



Prof. B. Parkavi
Department of Mental Health Nursing
MVJCON



Nurturing the Pillars of Love:

A Message to Youth on Making Our Parents Happy

In the hustle of our daily lives, it's essential to pause and reflect on the invaluable contributions of our beautiful and hardworking parents. As the torchbearers of our foundation, they deserve not only our gratitude but also a commitment to ensuring their happiness, well-being, and a fulfilling life. Here's a heartfelt message to the youth on how we can make our parents' journey as joyous as they've made ours.

1. Express your Gratitude:

Take a moment to express your gratitude for the sacrifices they've made and the love they've showered upon you. A simple "thank you" can go a long way in brightening their day and acknowledging their efforts.

2. Prioritize Quality Time:

In a world dominated by screens and distractions, carve out quality time to spend with your parents. Engage in meaningful conversations, share your experiences, and listen to their stories. This not only deepens bond but also shows them that you value their presence in your life.

3. Support their Dreams:

Just as they've supported your aspirations, take an interest in their dreams and desires. Encourage them to pursue hobbies, travel, or engage in activities that bring them joy. Your support will amplify their sense of fulfilment.

4. Care for their Well-being:

Prioritize your parents' health by encouraging regular check-ups, a balanced diet, and physical activity. Show that you care about their well-being by being proactive in creating a healthy lifestyle for the entire family.

5. Share Responsibilities:

Recognize that your parents are not just providers but individuals with their own responsibilities and challenges. Offer to share the load, whether it's household chores or managing daily tasks. This collaborative approach fosters a sense of teamwork

and eases the burdens they may carry.

6. Stay Connected:

As life takes us in different directions, make a conscious effort to stay connected. Regular calls, visits, or even a simple text message can reassure them of your love and strengthen your familial bonds.

7. Be Patient and Understanding:

Remember that your parents, like anyone else, have their own struggles and imperfections. Approach situations with patience and understanding. By showing empathy, you create an environment where open communication thrives.

Dear youth, our parents are the roots that anchor us and the wings that propel us forward. Let's honour their unwavering love and dedication by actively contributing to their happiness, supporting their well-being, and ensuring they lead fulfilling lives. In doing so, we not only repay their sacrifices but also set a powerful example for generations to come.

- Christy Maria Jose

II Year DGNM



Dear Clouds

She Speaks

She started battling all her difficulties,
As she was welcomed to this universe.
She was given suggestions rather;
but not a choice.
She was taught to obey orders;
but not to dare her fears
She was built to sacrifice her happiness
but not to conquer her obstacles
And here goes her struggles forever more...

No matter how high you fly or how void
you are, you remain as special as the silver
lining to every storm. It has always been a
pleasure to see how you disappear from the
sight during the northern lights, your magic in
becoming the sweet mist in the hills and your
crystalline flakes or water beads falling above
all. Thanks for making us feel anything like
heaven.

Aditi Debnath
II Year DGNM

Mother's Love

The pure love bestowed,
by her angelic Soul.
As deep as the Sapphire ocean.
As ceaseless azure sky.
As boundless figure of blazing Star's
I sensed her faithful fondness
When the Little heart beats;
and the tiny kick embarks her womb
The Immortal Love always exists!

The Close of a day

I may not be the last one,
to achieve the best in stones.
Neither the Tarzan of a jungle,
nor a craver of thrones.
An excuse to the query of night
fallen apart a bit
It may sound a little awkward
even the dark says too
the crooked path of oaks with humming aside
the shadow of the monastery fades out
with the rust on the roof.

Gargi Mondal
III year DGNM



Embrace Your *Unique* Journey

The Power of Avoiding Comparisons

In a world filled with social media and constant connectivity, it's easy for the youth to fall into the trap of comparing themselves to others. The quest for validation through likes and followers often leads to a detrimental cycle that can rob them of genuine happiness. It's crucial for young individuals to recognize the importance of avoiding comparisons and instead, focus on discovering their own paths.

Importance of Individuality:

Each person is a unique blend of talents, dreams, and experiences. Comparing oneself to others overlooks the beauty of individuality. Embracing your unique qualities allows you to explore your strengths, weaknesses, and interests without the burden of conforming to someone else's standards. Remember, the journey to self-discovery is far more fulfilling than trying to fit into someone else's mold.

Preserving Mental Well-being:

Constantly measuring your worth against others can take a toll on your mental health. The pressure to meet societal expectations and benchmarks set by others can lead to anxiety and a sense of inadequacy. By valuing your own journey and progress, you create a healthier mindset, fostering self-

acceptance and confidence.

Nurturing Genuine Relationships:

Comparisons often breed envy and competition, eroding the foundation of genuine relationships. When you focus on your unique path, you can build connections based on authenticity rather than competition. Celebrate the successes of others without feeling threatened, recognizing that everyone's journey is distinct and valuable.

Fulfilling Personal Potential:

Each individual has untapped potential waiting to be discovered. By avoiding comparisons, you free yourself from limiting beliefs and social pressures. This liberation allows you to explore your passions, take risks, and reach goals that align with your true self. Finding your path independently opens doors to self-discovery and fulfillment.

- Christy Maria Jose
II Year DGNM



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In conclusion, the road to happiness is paved with self-discovery and self-acceptance. Embrace your uniqueness, appreciate the diversity of journeys, and let go of the need to compare. Your worth is not determined by others' achievements; it's found in the authenticity of your own story. So, young minds, remember to look within, find your own light, and let it shine brightly in this vast tapestry of life.



The whispering silence

Mannya M Nair
II year B.Sc. Nursing

Silence have secrets
Those are loud enough as a scream!
They are restless to speak,
But wordless to say
In the silence that we care
There is lots of secrets to share.
But afraid to say and that's not fair!
Even the raindrops are speechless
But have a story to utter silently.
Even in the burning heart
Smoke that rises calm has the love story to say.
The huge vast but silent sky
Covers the world with its silence!
Silence like an emotion
Loud enough to be felt
But so quiet to be heard
I wish you could hear my silence!
The secrets that I am screaming
You are right beside me,
But yet too far!

Tribute to Nurses

Eshita Munshi
II year B.Sc. Nursing



In halls of healing, silent and bright,
Nurses emerge, beacons of light.
Angels in scrubs, with hearts so kind,
A symphony of care, in every bind.

Through the night's hush or morning's gleam,
They navigate a healing dream.
Whispered words and soothing touch,
Nurses weave a tapestry love.

In the dance of chaos, they stand strong,
A lullaby of comfort in their song.
Tender warriors, battles unseen,
Nurses, custodians of health serene.

With stethoscopes and hands of grace,
They embrace each challenges they face.
Guiding spirits through the storm,
Nurses, healers in their forms.

In every heartbeat, in every sigh,
Nurses echo a compassionate reply.
In the vast realm of pain and gain,
They carry hope through joy and strain.

So let gratitude blossom and voices sing,
For nurses, the guardians with healing Wings.
In the story of life, a chapter profound,
Nurses, in care's, symphony resound.



My First year!

I set my foot at the gate of M V J College,
To reach my goal with skill and knowledge.
Struggle, confusion and fear filled my mind,
Unknowing the fact; how far will I ride.
People, place, surroundings were new;
In my heart, I fiercely believed my view.
Day by day college life turned cheerful,
Anatomy, Physiology, Biochem and micro was further fearful.
Certainly, every call to family ensured my self-confidence
Ongoing assignments and exams filled the lonely gaps of all.
Our teachers were sometimes strict and at times kind,
They made us understand impossible tasks in no time.
Doing and being my best; hoping for the best future.
Bit by bit growing noble, understanding, responsible and sympathetic became my nature.
My first year though gave me lots of knowledge, experience, memory and grades,
I am still awaiting to face the challenges ahead of years....

S K Ariz Rahaman
II year B.Sc. Nursing





A Digital Explorer's Dream Destination: The Virtual Realm

Alex M
II year B.Sc. Nursing

In the vast landscape of ones and zeros, where imagination meets technology, my dream destination transcends the physical boundaries of the world.

Welcome to the Virtual Realm, an ever-expanding digital universe that beckons with limitless possibilities. In this article, we'll embark on a journey into the boundless wonders of my dream destination—a place where reality and fantasy intertwine in a tapestry of pixels and dreams.

Imagine soaring through virtual landscapes that defy the laws of nature. From floating islands in the sky to underwater realms teeming with luminescent creatures, the Virtual Realm offers an infinite array of breathtaking vistas. Traverse mountain ranges made of code and witness sunsets that paint the digital sky with hues unseen in the physical world.

In my dream destination, creativity knows no bounds. Virtual cities emerge as living artworks, where architecture defies gravity and streets pulse with the energy of artistic expression. Here, one can witness the merging of technology and imagination, with virtual architects and designers pushing the boundaries of what is possible.

The Virtual Realm is a melting pot of cultures, transcending geographical limitations. Engage in conversations with people from every corner of the globe, sharing stories, ideas, and perspectives. Attend virtual festivals where the traditions of different cultures blend seamlessly, creating a harmonious celebration of diversity.

Step into historical simulations that recreate the wonders of ancient civilizations or fast-forward to glimpses of the future. The Virtual Realm allows users to witness historical events, walk through time, and explore the uncharted territories of the future, all from the comfort of a digital interface.

Savour the flavours of the Virtual Realm, where culinary creativity knows no bounds. Feast on dishes that exist only in the realm of algorithms and indulge in taste sensations beyond the limitations of the physical palate. Virtual dining experiences offer a sensory journey that challenges and delights the senses.

In my dream destination, the Virtual Realm is not just a playground for the senses but a sanctuary for the mind and soul. Immerse yourself in guided meditations set against breathtaking virtual landscapes or engage in mind-expanding experiences that challenge your perception of reality.

As we explore the possibilities of the Virtual Realm, my dream destination comes to life in the digital ether. It is a place where the boundaries between reality and imagination blur, inviting digital explorers to chart their course through a landscape of infinite potential. While physical destinations may offer tangible experiences, the Virtual Realm stands as a testament to the power of human creativity and the ever-expanding frontier of the digital age. Step into the pixels, embrace the virtual unknown, and unlock the secrets of a dream destination that exists only in the realms of imagination and code.

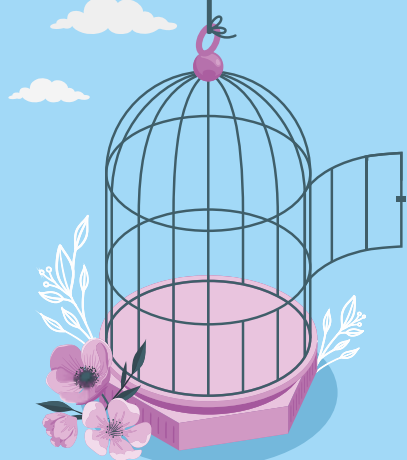


Butterfly in its Cage

I will not be a Butterfly in a cage;
The Cage shall dismiss and no longer exist,
But the butterfly will forever have a tainted wing.

Like a moth she began;
Struggling to spread her colors,
She has faded and all in vain.
Her dreams far ahead, fiery—they rage;
I will not be a butterfly in a cage

She spreads out her wings;
Blazed and glazed.
The bells of my dream; hear—they ring
She will soar higher than the kite;
Not in your might
She is a butterfly out of its cage.



Merin Elza Suju John,
I Semester B.Sc. Nursing

Solutions

1. Facetious
2. Rhythms
3. Bookkeeper
4. Strengthlessness
5. Screeched
6. Typewriter
7. Go
8. Latchstringdeeded
9. Underground and underfund
10. Quartzzy

A DAY OF PAIN AND PLEASURE

As I rejoice my graduation, I just backtracked the 4 years old me; carrying a backpack and luggage heading to my principal's office. These 4 years has led my way till this moment. Today, waiting for my black gown took me to the time; I was eager for the red rose to shine in my white coat.

As I sit here all prepared to go and lay hold of my degree, there on the left side of Vedanta hall I pictured myself on the 9th row, 2nd column longing for my lamp to lighten.

As I kept exploring here again, I experienced deja vu almost everywhere.

The chaos, sleepless nights during exams, explanation letters over every ill doing we got caught up on, canteen food, yawning in 1st hour of class, assignments, projects, flashcards, models, role play and many more. I just realised; this era of my life ends here.

And Today as I stand here I can proudly say, "I AM A NURSE". And I earned this overwhelming happiness of me being a nurse from MVJCON. So this is the day. Yes! Its my victory, on my Graduation Day.

Sujata Budhathoki
Alumini
B.Sc. Nursing 2019-2023 Batch



Echoes of the Quad

In the heart of academia, where knowledge takes its stand,
beneath the sprawling branches, on the quads open land.
Whispers of the wise, in the rustle of the leaves,
A symphony of stories, each branch silently conceives.

In lecture halls and libraries, where wisdom takes its flight,
Students with hungry minds, seeking the truth's pure light.
Pages turning softly, like a secret being shared,
In the hallowed halls of learning, where curiosity is bared.

Oh, the quad, a stage where dreams take flight,
In the dance of minds, in the day and night.
Underneath the canopy of knowledge, so vast,
The echoes of the quad, forever will last.

With autumn's golden brushstroke, the quad wears a fiery gown,
Leaves cascading like knowledge, in hues of red and brown.
Winter's hush descends, a blanket soft and white,
Footprints of exploration, in the pristine morning light.

Oh, the quad, a stage where dreams take flight,
In the dance of minds, in the day and night.
Underneath the canopy of knowledge, so vast,
The echoes of the quad, forever will last.

Between the benches and the trees, friendships gently grow,
A tapestry of laughter, as shared dreams begin to flow.
Through exams and late-night talks, beneath the starry dome,
In the echo of the quad, hearts find a second home.

In the silence of contemplation, or the chaos of debate,
Every voice finds resonance, within this shared state.
For in this space of unity, where diversity is the key,
The quad becomes a haven, for all who wish to be free.

Oh, the quad, a stage where dreams take flight,
In the dance of minds, in the day and night.
Underneath the canopy of knowledge, so vast,
The echoes of the quad, forever will last.

As years pass by, and new faces come to play,
The echoes of the quad will linger, never to fade away.
For in this sacred space, where intellect takes its stand,
The quad echoes with the wisdom of each student's brand.

Midhun R
I Semester B.Sc.Nursing



Real Eyes, Real Lies, Realize.

“
Don't believe
everything you hear:
Real Eyes,
Realize,
Real lies
”



– Tupac Amaru Shakur

–Susazit Chetri
II Year DGNM

The Phrase **“Real Eyes, Realize, Real Lies”** encapsulates a profound wisdom that speaks to the essence of human perceptive awareness, and the complicities of truth. Each word in this phrase carries a weighty significance, offering a commentary on the nature of reality, the human capacity for insight, and the presence of deception in our lines.

It is all about understanding the truth, it means that by looking at things clearly with our own eyes, we can see what's really true and what's not.

The first part **“Real Eyes”** encourages us to pay attention and really see things for what they are, not just what they seem to be.

“Realize” means to understand deeply and make the truth a part of our thinking. This word urges us to move beyond mere observation and embark a journey of cognitive awakening - a process in which insight becomes wisdom and understanding becomes power.

“Real Lies” reminds us that there are many lies and deceptions in the world that we need to be aware of. This saying encourages us to think more deeply, be aware of the truth, and be careful of the lies we might encounter. It shows us that seeing things clearly and understanding the truth are very important in our lives.



Shinning Stars

I see the light in night sky
Lights that are visible from the sky
Enhancing the light and
Finding joy and magic every second
Reminds me of overcoming the darkness
Offering hope in times of failure

Just like nature, it's all about balance
Journey will not be so easy yet,
Moving forward as long as we have hope
Yes, the time goes by in the blink of an eye,
So never give up on dreams just because of less time

Be the light in the dark
Let your light shine brightly
Chase your dreams with your wings of hope
And ignite the world.

Ancy Prasad Daniel
II Semester
B.Sc.Nursing

Ii





A Journey beyond Borders

Leaving the comfort of my home in Banepa, Kavre, Nepal for the first time after completing my +2 education was both exciting and nerve-wracking. Bangalore, India became my new destination as I start on a journey to pursue B.Sc. Nursing at MVJ College of Nursing.

At the outset, the prospect of leaving Nepal, my family, and the familiarity of my hometown was daunting. The thought of stepping into a new country and a bustling city like Bangalore left me feeling a mix of excitement and anxiety. However, as I reflect on my time at MVJ college of Nursing, I can confidently say that it was a transformative experience. The academic environment at MVJ College of Nursing was nothing short of excellence. The faculty members were not just educators; they became mentors who guided us through the intricacies of nursing. Their dedication and support played a crucial role in shaping my understanding of the field.

One of the most enriching aspects of my experience was the diverse group of friends I made. The college provided a melting pot of cultures, backgrounds, and perspectives. Together we navigated the challenges of academia, celebrated our successes, and leaned on each other during moments of homesickness. These friendships not only made the academic journey enjoyable but also broadened my worldview. The cultural exchange extended beyond the classrooms. I had the opportunity to participate in various extracurricular activities, showcasing the rich tapestry of traditions from both Nepal and India. These experiences fostered a deeper appreciation for diversity and strengthened my adaptability.

As I delved into the world of nursing, the practical exposure provided by MVJ College of Nursing complemented the theoretical knowledge. Clinical rotations and hands-on experiences in reputed healthcare institutions in Bangalore added a practical dimension to my education, preparing me for the challenges that lay ahead in my nursing career. The personal growth, academic achievements and the friendship forged during my time in Bangalore have become cherished memories that I carry with me. This journey has not only equipped me with the skills needed for a career in nursing but has also instilled in me a sense of independence and adaptability that will serve me well in the future.

MVJ College of Nursing became more than just an academic institution, it became a second home a place where I discovered my passion for nursing and formed connections that will last a lifetime.

Pratima Shrestha
Alumni
B.Sc. Nursing 2019-23 Batch



THE ANIME UNIVERSE



Venturing into the world of anime is a journey through a diverse and captivating universe of storytelling, art, and imagination. Originating in Japan, anime has become a global phenomenon, captivating audiences of all ages with its rich narratives, vibrant visuals, and compelling characters.

At its core, anime is a powerful medium that transcends cultural barriers, offering a kaleidoscope of genres, from action-packed shonen series to introspective dramas and fantastical adventures. Through its distinct art style, intricate plotlines, and emotional depth, anime has the ability to transport viewers into a realm where the impossible becomes tangible and the ordinary is infused with magic.

One of the defining features of anime is its unparalleled visual artistry. From meticulously detailed landscapes to dynamic action sequences, the animation in anime is a testament to the creativity and talent of its creators. Whether it's the breath-taking mecha battles in "Neon Genesis Evangelion" or the ethereal beauty of Studio Ghibli's "Spirited Away," anime has a way of painting vivid, immersive worlds that invite audiences to lose themselves in the narrative.

Furthermore, anime's storytelling is renowned for its ability to explore a wide range of themes with depth and nuance. While some series delve into the complexities of human emotions and relationships, others tackle profound philosophical questions or offer social commentary on contemporary issues. For example, the critically acclaimed "Death

Note" weaves a gripping narrative around morality and power, while "My Neighbor Totoro" celebrates the innocence of childhood and the wonders of nature.

Moreover, the realm of anime is home to a plethora of iconic characters whose journeys resonate deeply with audiences. Whether it's the fiery determination of Naruto Uzumaki, the indomitable spirit of Goku in "Dragon Ball Z," or the introspective musings of Shinji Ikari in "Neon Genesis Evangelion," these characters have left an indelible mark on popular culture, inspiring countless fans and transcending generations.

Beyond its entertainment value, anime has also become a catalyst for cultural exchange and understanding. As fans around the world embrace anime, its influence can be seen in various forms of artistic expression, from cosplay and fan art to conventions and online communities. Moreover, the global appeal of anime has led to collaborations between international creators, resulting in a fusion of storytelling styles and a celebration of diverse perspectives.

In conclusion, delving into the world of anime is an exploration of boundless creativity, thought-provoking narratives, and unforgettable characters. Its impact transcends geographical boundaries, uniting fans from different cultures under a shared appreciation for its artistry and storytelling. As anime continues to evolve and inspire, it serves as a testament to the universal language of storytelling and its profound ability to connect people across the globe.

-S K Ariz Rahman,
II Year B.Sc.Nursing

-Susazit Chetri
II Year DGNM



MYTHS VS FACTS

Artificial intelligence (AI)/ Machine Learning (ML) - Health Care Perspective

Bharath Kumar P
Asst. Lecturer

AI is defined as technology that can allow a computer system or computer-controlled robot to learn, reason, perceive, infer, communicate, and make decisions like humans or better than humans.

AI has taken the world by storm in recent months, with the development of generative AI and new tools such as ChatGPT bringing the technology to great prominence.

What's next for AI – and how is the healthcare industry in particular utilizing AI to improve patient care and health resources? Again, great strides have been taken in recent months to introduce AI and machine learning to the health industry, and the results are positive and transformative. AI and machine learning is being used to diagnose diseases, provide personalized treatments, and improve patient outcomes and quality of care.

Busting the five biggest myths about AI / ML in healthcare

MYTH 1. AI will replace human doctors

FACT

This is one of the most common fears about AI in healthcare. But the reality is that AI is not going to replace human doctors anytime soon. It might be the case that AI can perform impressive feats like diagnose diseases and recommend treatments – and we have seen this development in recent years – but AI/ML still lacks the ability to empathize with patients and provide the human touch that is so crucial in healthcare. Getting experienced and skilled clinicians to work with AI and leverage it to help patients is where the most potential lies.

MYTH 2. AI will eliminate healthcare jobs.

FACT

More generally, there is a fear that AI will replace other healthcare jobs, leaving many people unemployed. On the contrary, while it's true that AI has the potential to automate certain tasks that were previously performed by humans, such as administrative work and data analysis, it also has the potential to create new job roles in areas like AI development, data analysis, and patient care coordination

MYTH 3. AI will make healthcare more expensive

FACT

Another common myth about AI is that it will make healthcare more expensive. This is simply not true. In fact, AI has the potential to reduce healthcare costs by improving efficiency and reducing the need for unnecessary tests and procedures.

MYTH 4. AI will make healthcare less secure

FACT

Some people are concerned that the use of AI in healthcare could compromise patient data and lead to security breaches. However, in practice AI often makes healthcare more secure, by detecting and preventing potential data breaches.

MYTH 5. AI is infallible and unbiased

FACT

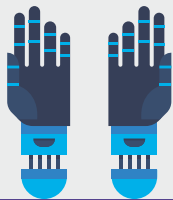
Finally, AI is often perceived as a perfect and objective decision-maker. However, AI can only be as accurate and unbiased as the data and algorithms that are used to train it. If the data is biased, then the AI will be biased as well. This means that it's important for healthcare systems to use high-quality, unbiased data to train their AI algorithms, and further for these algorithms to be regularly validated and updated, to ensure both their performance and their fairness.





Expands Access to High-Quality Medical Care

AI technology in healthcare has the greatest potential to improve and expand access to high-quality medical care, providing personalized intervention and monitoring with reduced error rates and lower costs

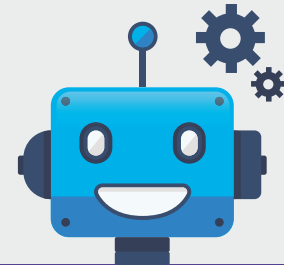


Improves Medical Records

As electronic medical records (EMRs) are widely adopted and medical devices and instruments are digitized, the information capacity of hospital databases continues to expand therefore, there is a need for AI to organize existing EMRs so that they are easily accessible to relevant medical personnel and can help provide important patient-related information.

Improves Quality of Services

AI can be used to improve the quality of service in terms of efficiency, safety, and access to healthcare through collaboration, coordination, and communication between healthcare disciplines.



Issues of AI

Biases

There is a risk that AI will perpetuate or systematically embed existing human biases or social bias into the AIs' system, potentially making the results obtained less accurate

Algorithm

Clinical decision algorithms introduced racial bias by prioritizing treatment for less sick white patients over sicker black patients in the United States. However, AI technology systems can be problematic because there is still uncertainty about when AI algorithms are valid and reliable enough to become the standard of care for all patients who need it.

Current Insight and Interpretation

In the nursing setting, the advancement of AI technology is being greeted with excitement as a promising nursing innovation such as intelligence agents, machine learning, deep learning, natural language processing, robotic process automation, administrative applications, and explainable or interpretable AI. AI technologies may be able to improve the nursing care of various health conditions, provide complete information to support decision-making, manage medical records, minimize medical errors, optimize nursing care processes, make healthcare more accessible, provide better patient experience, improve nursing care outcomes, and reduce per capita healthcare costs.

Conclusion

Some of the impacts that can be evaluated and seen today in the context of using AI technology systems in the scope of nursing and healthcare are expanding access to quality medical care, improving medical records, and improving the quality of services. These positive effects can be the advantages and the urgency of using AI technology systems in healthcare so that healthcare services become more optimal. In addition, the use of AI technology systems also has some issues, such as bias and algorithms, which are drawbacks that need to be considered when evaluating the accuracy of the displayed results. This requires actions and updates to minimize the possibility of errors.



कुछ मन की बातें

इस साल मैं टुटा, बिखरा, खड़ा हुआ और निखरा,
फिर जिंदगी ने किसी महिने खींच कर तमाचा माही।
मुझे बहुत दर्द हुआ, मैं रोया, कितना वक्त खुद को खोया
काफी बेचेने रहा कई रात-ही सोया।

किसी दिन दर्द से हारा तो किसी दिन सपने से
कोई छोड़ गया तो कोई तोड़ गया।

एक सुबह ऐसा लगा कि अब-हि होगा हमसे,
अगने दिन उम्मीद जागी की कर लेंगे।
जितना हुआ नुकसान खुद का जाने दो
इस नुकसान को भी भर लेंगे।
मोहबत मिली, धोखा मिला
खुद को पाने का नया मौका मिला।

कई दोस्त छुट गये तो कई रिस्ते टुट गये,
कितनो ने अपनो को खो दिये तो कितनों ने
जिंदगी से हार कर रो दिये।
सबके अपने मशने थे, सब कही न कही लड रहे थे।
मैं भी लड़ा कम नहीं, हारा था जीता इसका कोई गम नहीं

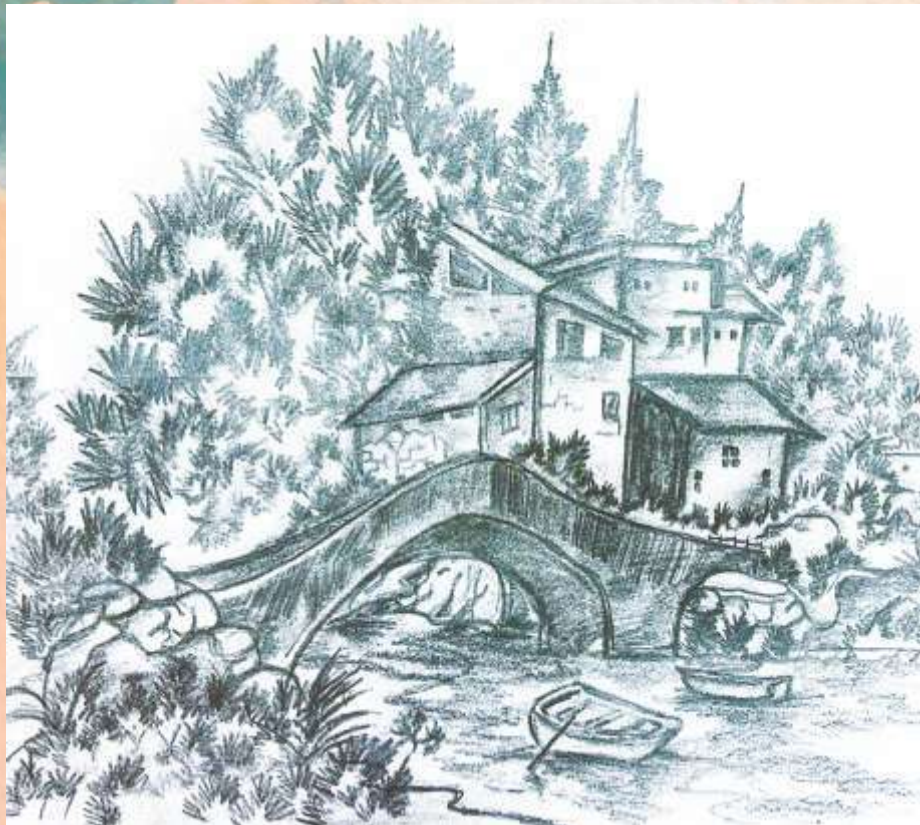
इस साल कितना कुद्द सिखा कर गया।
मुझ-को मुझसे मिला कर गया।
नया साल नये जजबे से जीना।
खुशी और गम को इसकर पीना।
तु जीतेगा एक दिन तेरा भी वक्त आयेगा
जब तु हार को हारा पायेगा।

करता जा मुसापिर मजिल दूर नहीं
और तेरे इन सब सपनों को अड्जस्टमेंट मंजूर नहीं

रूपेश कुमार
३व साल बी.एसस्सी



Portrayals of Creativity



*Nature
is no mute*

Athulya Mohan
I Sem B.Sc.Nursing



*A horse is
poetry in
motion*

Atriza Iaha
III Year DGNM



*The Goddess
does not rule the world;
she is the world.*

Gargi Mondal
III Year B.Sc. Nursing



*Poetry of Earth
is never dead.*

Benita Varughese
I Year B.Sc.Nursing

*Radha Krishna's
symphony of
Divine love.*

Gargi Mondal
III Year B.Sc.Nursing



*The Peacock unveils
nature's masterpiece*

Payel Maitra
I Year DGNM



*Nature pleased
with simplicity*

Sujata
I Sem B.Sc. Nursing

*In the divine symphony of
Radha and Krishna,
each note is a whisper of love*

Isika Dey
III Year, DGNM



*A mother's love:
the strongest bond,
the sweetest melody*

Isika Dey
III Year DGNM 2



*An embodiment of
wisdom and bliss*

Suparna Sarkar
III Year B.Sc. Nursing 1



*Skeleton in
Nature's embrace*

Pramod
Nursing Tutor



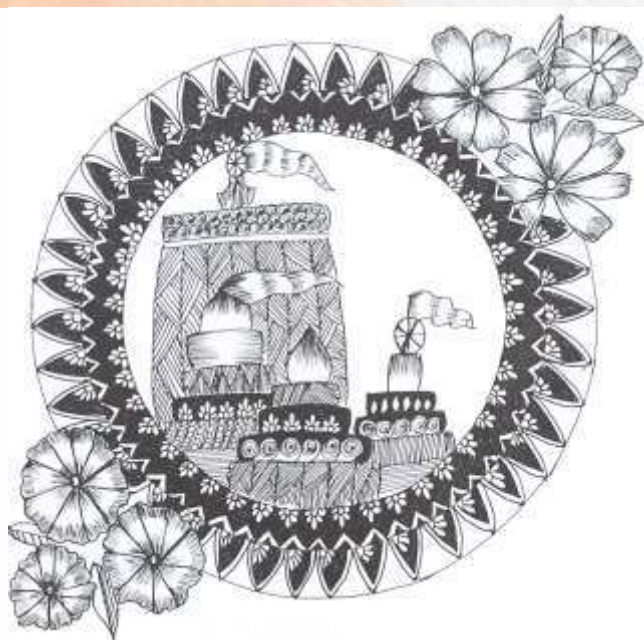
*Let your dreams
take flight like
birds, soaring high with
the winds of possibility.*

Suparna Sarkar
III Year B.Sc. Nursing



*Beauty of
Art and Culture*

Isika Dey
III Year DGNM



*Her beauty shines from
within, a captivating glow
that needs no spotlight*

Tumna Haldar
III Year B.Sc. Nursing



*Birds: Messengers of
Freedom in the
canvas of sky*

Tanu Priya
II Sem B.Sc. Nursing



*Nature always
wear the
color of Spirit*

Susanta Das
II Year DGNM

*Motherhood:
All love begins
and ends here*

Susmita Pradan
II Year DGNM

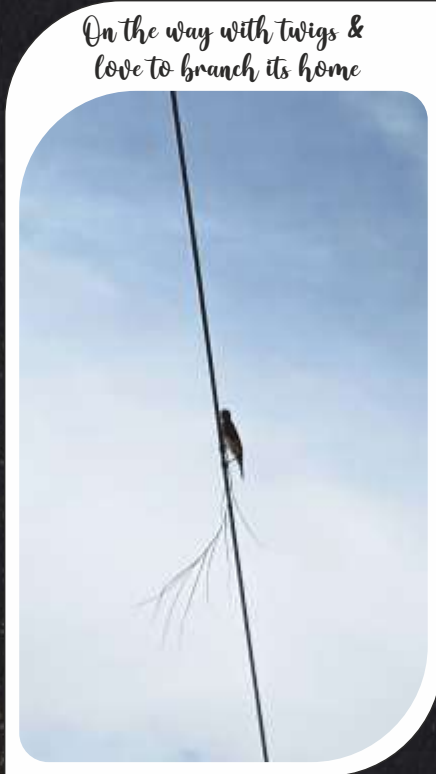


Rajat Panja
III Year DGNM

Photo Gallery



Every bloom holds the beauty of Nature



A Blossom with grace

Ants: tiny architects, mighty workers



A beacon in the dark



Nature's poetry written in the delicate language of droplets



A symphony of journey underneath the cloud's embrace.



*Remnants of creativity
at fine point*

A web of artistry in silk



*A vibrant wanderer on a
journey of transformation*



Ahana Giri
II Year DGNM



Sunset whispers to the running stream, a tranquil duet of nature's timeless beauty.

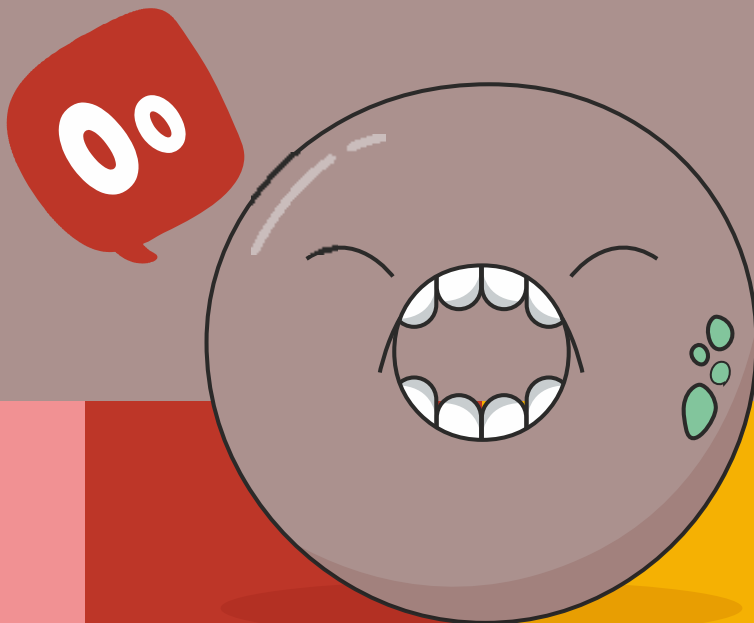


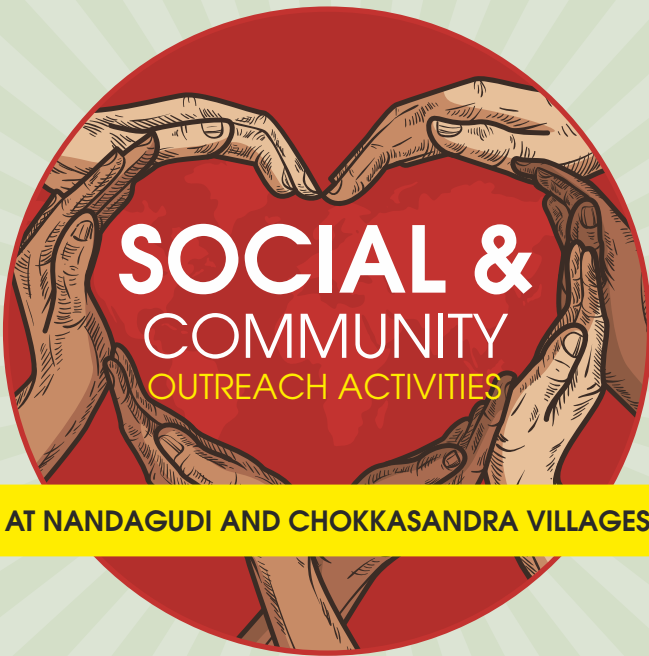
Sun and Sky, a daily masterpiece painted with hues of warmth and endless possibility





In echoes of the ancient, a circle untold,
"O" resonates, a story to unfold.
A mystic portal in the linguistic flow,
Vowels magic, a timeless glow.





From creating awareness through informative details and presentations to assessing, screening, referring and treating the potential health issues; students of MVJ College of Nursing continued the proud culture of building healthier communities. These community health activities aimed at provision of quality health care services to underserved, remote and inaccessible populations of Nandagudi and Chokkasandra villages.

Ante-natal clinic at Nandagudi PHC

*Screening and health checkups of pregnant women in underserved communities
Educating mothers on Antenatal exercises and Diet.*



Post natal & Immunization clinic at Nandagudi PHC



Health educating mothers on post-natal diet and exercises and immunization information.



Street Play at Chokkasandra village

Awareness on Hypertension among the public



School Health Programs

Health teaching on Personal hygiene and Diarrheal management at Chokkasandra Primary School



Under-Five Clinic



Routine health check-up and screening for toddlers and young children at Chokkasandra Anganwadi



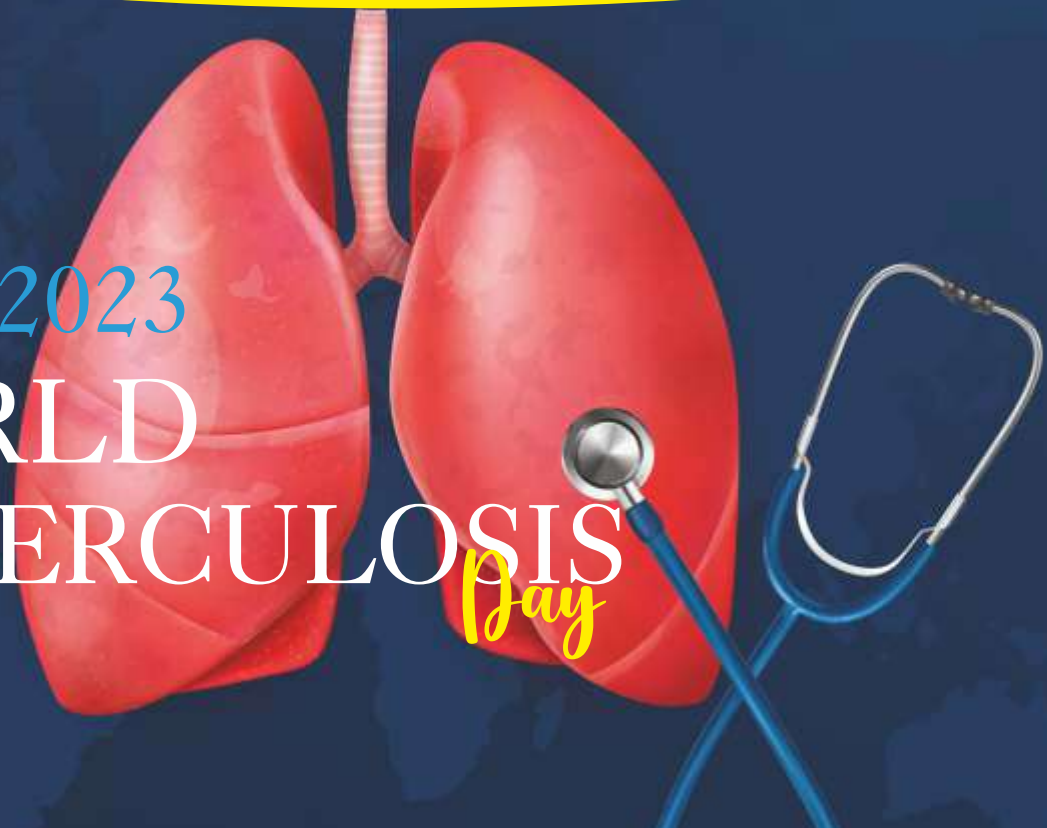


Activities under the banner of National Service Scheme (NSS)

The NSS Unit of MVJ College of Nursing, recognized and supported by Rajiv Gandhi University of Health Sciences, Bengaluru conducted various activities throughout the academic year. In the ensuing pages are glimpses of these activities.

24/03/2023

WORLD TUBERCULOSIS Day



Theme: 'Yes! We can end TB!'

To commemorate the world TB Day, the faculty of Community Health Nursing Department organized a rally at Chokkasandra Village on 24/03/2023. Role play was performed by IV Year B.Sc. Nursing students on causes and prevention of Tuberculosis and created awareness for the general public.





WORLD NO TOBACCO DAY

31/05/2023

Theme: "GROW FOOD, NOT TOBACCO"

On the occasion of World No Tobacco Day observation an awareness campaign was organized by department of Community Health Nursing on 31/05/2023. As a part of creating public attentiveness a rally was conducted at Hindiganala village. Final year B.Sc. Nursing students participated in the public rally. A role play was also enacted by the students to recapitulate the theme. The main aim of the campaign focused to highlight the hazards of using tobacco and to encourage people to give up use of tobacco in any form.



VANAMAHOTSAV KARYAKRAMA

Increasing the green cover

Van Mahotsav karyakrama aims to increase the green cover in India by planting more trees and promoting afforestation.

Van Mahotsav event at MVJ College of Nursing aimed at encouraging students to participate in tree-planting activities and promoting a culture of environmental conservation.

Dr. Dharani Mohan Director, Prof. Priscilla Nirmal Principal and Mrs. Mahalakshmi Vice-Principal of MVJCON participated in the event at the college premises and planted the Saplings with the students.



6-7-23





World Breastfeeding Awareness

WEEK (1/8/2023 -7/8/2023)



The Breastfeeding awareness Week was observed from 1st August 2023 to 7th August 2023 at MVJ College of Nursing on the theme "Enabling Breastfeeding – Making a difference for working parents".

The event was organized by Medical and Nursing college department of Paediatrics to raise awareness about the importance of breastfeeding and to provide valuable information and support to working mothers and families.

Commencing on 1st of August 2023 with inauguration ceremony presided by Dr. B Ravi Chandran, the Principal of MVJ Medical college and research Hospital and the presence of

esteemed guests, including Medical Superintendent Dr. Dayananda, Nursing Superintendent Mrs. Anjali, Nursing College Principal Prof. Priscilla Nirmal G and the Vice-Principal Mrs. Mahalakshmi, added a touch of honour and prestige to the occasion. Dr. Jagadeesh, Dept. of Paediatrics played a pivotal role in organizing and implementing the whole programme. Topics covered during the program includes Know the Basics – 1&2, (Breast Anatomy and physiology) Breastfeeding problems, Breastfeeding special situations followed by Workstations.

The programme was concluded with conducting workshop for ASHA workers and ANM'S at MVJMC & RH.





एक कदम स्वच्छता की ओर

SWACHH BHARAT ABHIYAN

30-9-2023

(Campaign Clean India)

- Narendra Modi



Swachh Bharat Abhiyan launched on 2nd October 2014 to honour Mahatma Gandhi's vision of a clean country.

In view of this, Swachh Bharat Abhiyan was organized by MVJ MC & RH and MVJ CON on 30/09/2023. The programme was inaugurated by Dr. Dharani Mohan, CEO of MVJ MC & RH and Director of MVJCON, Dr. Ravichander, Principal, Dr. Dayananda, Medical Superintendent of MVJ MC & RH participated in the programme. Since Sanitation needs to be seen as a life cycle issue; providing sanitation facilities at work, education and other public spaces are important. The main focus of SBA was to enhance the quality of life of the rural citizens. It served as a great initiative in making general public aware of the importance of cleanliness. The Staff and students of MVJ MC & RH and MVJCON actively volunteered in cleaning the College and Hospital premises and the awareness driven campaign was a big success.



WORLD MENTAL HEALTH DAY

10/10/2023



World Mental Health Day was observed on 10th October every year, to raise awareness of Mental Health issues around the world and mobilize efforts in support of Mental Health.



Mental Health is one of the most neglected areas of public health. About 970 million people are living with mental disorders around the world and 60 to 70 million people live in India alone. India is the world's suicide capital with over 2.6 lakhs cases of suicide in a year.



The 2023 world mental health day campaign "Mental Health is a universal human right". Will enable us to focus on the issues that perpetuate mental health inequality locally and globally.

In view of the world mental health day observation MVJ College of Nursing staff and students organized various concurrent activities like skit and poster presentation in MVJMC & RH reception. Dr. Dharani Mohan, CEO of MVJMC & RH and Director of MVJCON inaugurated the programme and addressed the gathering based on the theme. Dr. Ravichander, Principal MVJMC & RH, Dr. Dayananda G, Medical Superintendent advised, on prioritizing mental health in day-to-day life.

On 11th October a guest lecture was organised focussing the theme and Dr. Sreevani Rentala Prof & HOD of Dharwad Institute of Mental Health and Neurosciences was the guest speaker.



CHILDREN'S DAY Celebrations

14-11-23

“Every happy memory created for a child is another treasure of a lifetime”

To add cheer to the kids on children's day; Department of child health nursing organized children's day celebrations on 14th November 2023 in pediatric ward of MVJ MC & RH. III year B.Sc. Nursing students conducted various games to children of pediatric ward.

Dr. Ravichander principal of MVJ MC & RH and Dr. Jagadish professor department of pediatrics, principal and staff of MVJ College of nursing participated in the event and distributed prizes and gifts to all the children in the ward.



14TH
NOVEMBER
2023

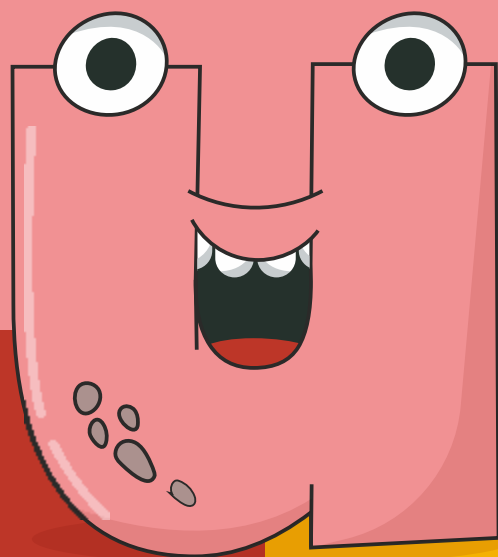


On occasion of World Diabetes Day 2023, the department of Medical & Surgical Nursing, MVJCON organized and observed the day on 14 November 2023 focusing the theme- Empowering Global Health. The program was inaugurated by Dr. Jacob, HOD of Medicine Dept.; MVJ MC & RH. Prof. Priscilla Nirmal, Principal and Mrs. Mahalakshmi, vice principal joined the event. II year B.Sc. Nursing students performed a role play on prevention of Diabetes followed by the health talk. Students also conducted a quiz on Diabetes for patients and family members. Winners were appreciated with prizes. Students competed in poster presentation by displaying the models based on the theme. A quiz Competition was also organized for nursing students on the same day. On 15/11/23 a virtual guest lecture was organized and Prof Dr. Zeanath Cariena J, CNO of Jalappa hospital, HOD of MSN, SDUCON, Tamaka, Kolar was the guest speaker.





Under the moon's soft silver glow,
"U" whispers secrets, a tranquil flow.
In quiet moments, its essence we find,
A gentle grace, a vowel refined.



Celebrations & Congratulations!

At MVJ College of Nursing there's much to celebrate. And as we all know,
The more you celebrate your life, the more there is in life to celebrate!

Looking back with joy and gratitude at the many happy moments we shared, the memories we created, the festivals we celebrated.



CELEBRATING ONAM

THE TRADITIONAL WAY

POOKOLAM
KASAVU SARIS
ONAKALIKAL





Celebrating the igniters of minds who inspire us to aim higher!



Strings 2023

FIESTA OF BLISS AND BLAZE

The annual cultural fest of MVJ College of Nursing, strings 2023 was held from 7th to 9th September 2023. The Fest's theme 'Birds of Paradise' was brought to life through activities and decorations, as well as the colorful attire of the entire campus.

The celebrations began with a series of well-organized cultural events and sports competitions. Students enthusiastically participated in all the events, competing with great gusto and a determined mind-set to win.

The fest had its enthusiastic gear up with marathon and other realistic events on 7th September. The day was brought to a close with a concert by stellar performance of musical legend Padma Shree Hariharan, the most celebrated Indian playback, and ghazal singer, who performed with his dynamic team and enthralled the audience.

Prestigious and youngest film Director Master Kishan inaugurated the cultural activities and celebrations of 8th September 2023 as Chief Guest. The creativity and the talent of students was on full display through the various activities and competitions, including a fashion show. The efforts of all the students were appreciated by one and all including in-house judges and eminent professionals from the industry.

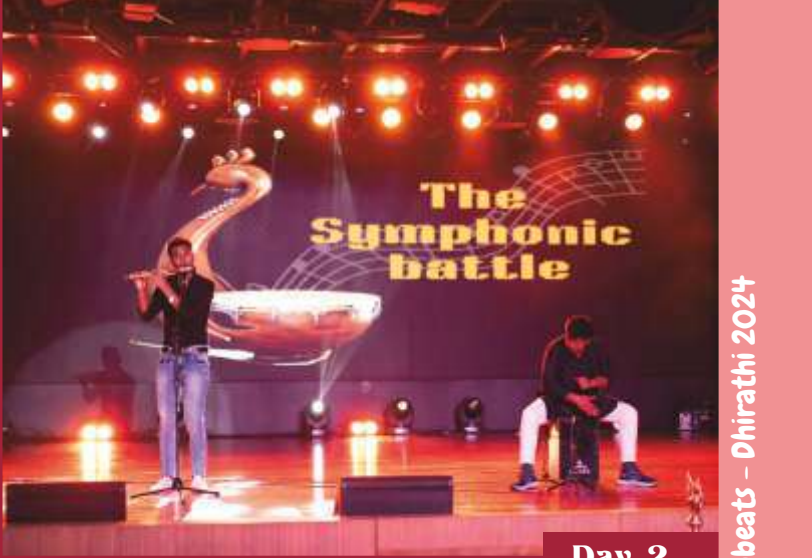
The final day of Strings encompassed many individual and group events. The dance performances were stunning and won special mention and appreciation from judges, who are impressed by the competency and talent of the performers.

The fashion jeweled the grand occasion of the fest. Every team showcased their talent focusing the theme. Eminent professionals from the industry were called in as judges and everyone had a wonderful moment.

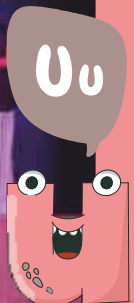


Day 1





Day 2





Day 3





Winners



Day 3



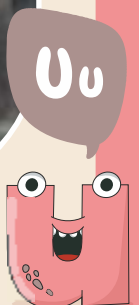
Seeking learning
Goddess blessings on
Saraswathi Puja

Prayers for knowledge,
Peace and Wisdom.



ADIEU TO OUR STUDENTS

as they step out the world beyond MVJCON



CHRISTMAS CHEER!!



Jingle Christmas





"Child dwells in everyone, no matter the age"





A TAPESTRY OF UNITY IN DIVERSITY

JANUARY 26TH 2024

A day of pride, marking our democratic spirit.
From parades to diverse cultural displays,
it's a celebration of our rich
heritage and shared values.



Observance of **AYODHYA RAM MANDIR**

Pran Pratishtha
Ceremony
at MVJ Campus

Rama's enduring legacy resonates as a timeless symbol of moral integrity and righteous leadership in Hindu culture.

The Ram Mandir, nestled in the ancient city of Ayodhya, stands as a testament to the cultural and religious fabric of India. Emerging from the pages of history, the temple is dedicated to Lord Rama, embodying the cherished beliefs of millions. The realization of the Ram Mandir after 500 years signifies the culmination of a long-held dream, a momentous event that holds aesthetic, historical, and spiritual significance. The construction of the temple serves as a legacy to the perseverance and sentiments of those who have awaited its existence for centuries.

This architectural marvel, rooted in centuries of devotion, signifies more than just bricks and mortar. It echoes the aspirations and faith of a community, marking the realization of a long-cherished dream. The Ram Mandir embodies a narrative that transcends the physical structure – it encapsulates the resilience of belief and the ability to find unity in diversity. As its spires touch the sky, the temple becomes a beacon of cultural continuity, echoing the timeless saga of Lord Rama in the hearts of millions.



In the realm of letters, where words take flight,
Vowels stand bold, bathed in linguistic light.

A, E, I, O, U, their symphony unfolds,
In the dance of language, tales they've told.

A, an open embrace, a sound so pure,
E, an echo, gentle and demure.

I, stands tall, a slender form,

O, a circle, in language, a norm.

U, a resonance, deep and strong,

Vowels weave a melody, a lyrical song.

In the college of words, they hold the stage,

Vowels, the essence, in each linguistic page.



THE POWER OF KNOWLEDGE

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