

DHIRATHI

2025

*Ink of Memories,
Pages of Dreams*



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.



CHRONICLES OF EXCELLENCE

DR. M. V. JAYARAMAN

17.05.1928 - 05.05.1993.

A man with exemplary **VISION**.

Founder
Venkatesha Education Society



The Legacy of Dr. MVJ & the Journey of MVJ College of Nursing

A timeless beacon that ignites inspiration for generations to come.

"Learning is eternal, and experience is invaluable."

True to these words, Late Manikkudi Venkataramana Jayaraman, affectionately known as Dr. MVJ, remains an enduring inspiration in the realm of education. A visionary born on May 17, 1928; he embarked on his journey as a humble teacher in a modest institution. But within him burned a revolutionary dream—to make quality education and healthcare accessible to all, especially the rural population.

With an unshakable commitment to equality of opportunity, he founded the Venkatesha Education Society (VES) in 1970. This noble endeavour ignited countless young minds with knowledge, wisdom, and moral values. Under the wings of VES, eleven esteemed institutions flourished, each committed to nurturing intellectual, ethical, and compassionate leaders determined to make a meaningful impact in the world.

Dr. MVJ's enduring legacy is not merely in the institutions he built, but in the countless lives he touched, the aspirations he ignited, and the future he shaped. Today, as his vision continues to thrive, we pay homage to a leader whose passion for education remains the guiding force behind our journey toward excellence.

His vision for holistic education and excellence in healthcare laid the foundation for MVJ College of Nursing, a beacon of transformative learning.

His story is not just history—it is an everlasting Chronicle of inspiration.

A Heritage of Excellence: Milestones of MVJ College of Nursing

1993 – The Dawn of a New Era

With a mission to shape the future of healthcare, MVJ School of Nursing was established with an initial intake of 40 students, marking the beginning of an illustrious journey.

1999 – Expanding the Reach

Recognizing the increasing demand for trained nursing professionals, the Diploma in General Nursing and Midwifery (DGNM) program expanded its intake from 40 to 60 seats.

2004 – The Birth of MVJ College of Nursing

"Education is the foundation upon which we build our future."

With the establishment of MVJ College of Nursing at MVJMC & RH campus, the institution embarked on a new chapter in professional nursing education with a B.Sc. Nursing program and an initial intake of 60 students.

2007 – A Giant Leap in Nursing Education

To meet the ever-growing demand for skilled healthcare professionals, the B.Sc. Nursing intake was increased:

- From 60 to 100 seats, creating greater opportunities for aspiring nurses.
- Further expanded to 250 seats, reinforcing MVJ's commitment to excellence in nursing education.

2013 – Fostering Leadership & Excellence

"The best way to find yourself is to lose yourself in the service of others."

The Student Nurses Association (SNA) was inaugurated, empowering students to develop leadership skills, engage in community service, and advocate for the nursing profession.

2014 – Serving Beyond the Classroom

The National Service Scheme (NSS) Unit of MVJ College of Nursing was officially

recognized under Rajiv Gandhi University of Health Sciences (RGUHS). This milestone enabled students to actively participate in community outreach programs, reinforcing their commitment to social responsibility.

2017 – Advancing Critical Care Nursing

"Innovation in education creates excellence in practice."

With the growing complexity of healthcare, MVJ College of Nursing took a significant step forward by securing approval from the Indian Nursing Council (INC) for the Nurse Practitioner in Critical Care (NPCC) program, equipping nurses with specialized expertise in intensive care.

2018 – University Endorsement for NPCC

Further solidifying its academic excellence, the NPCC program received recognition from Rajiv Gandhi University of Health Sciences (RGUHS), reinforcing the institution's commitment to specialized nursing education.

2019 – A Year of Unparalleled Achievements

"Success is not measured by the position one has reached, but by the obstacles overcome."

• The prestigious NPCC program commenced, marking a new era in critical care nursing education.

• MVJ College of Nursing achieved academic glory, securing 50 university ranks and 3 gold medals, a testament to the unwavering dedication of students and faculty.

2025 – A New Horizon: Expansion to 250 Seats

"The future belongs to those who prepare for it today."

With an unwavering commitment to excellence in nursing education, MVJ College of Nursing is set to expand the B.Sc. Nursing intake from 100 to 250 seats, creating greater opportunities for aspiring healthcare professionals and reinforcing its role as a leading institution in nursing education.

CHAIRMAN'S TRIUMPH

"NAVIGATING LEADERSHIP AND VISION"

"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.

-BY PROF. PARKAVI

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.

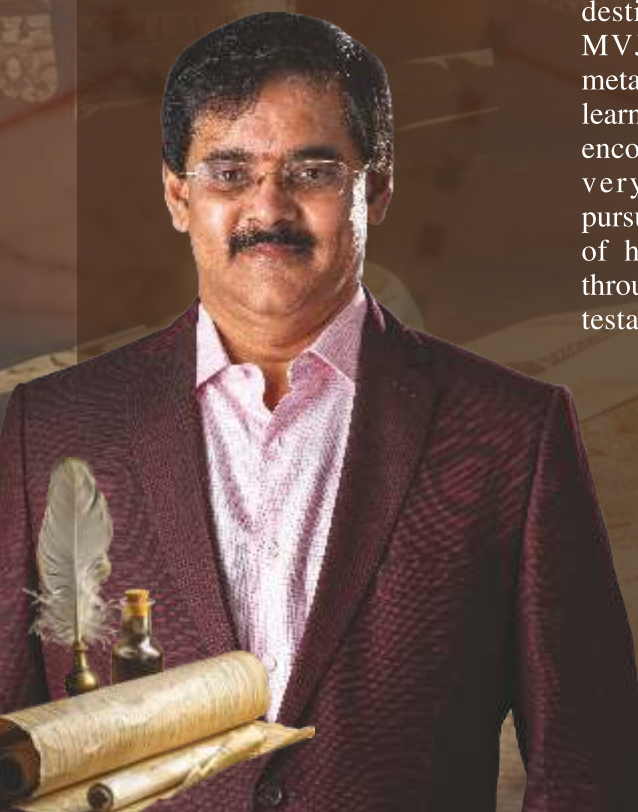
The Chairman's journey at the helm is narrative; rich with milestones that have reshaped our institution's destiny. Under his stewardship, MVJ College of Nursing has metamorphosed into a citadel of learning where innovation isn't just encouraged but ingrained in the very ethos of our academic pursuits. 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.

A portrait of Dr. M. J. Mohan, a middle-aged man with dark hair and a mustache, wearing glasses, a pink shirt, and a dark maroon blazer. He is standing in front of a background that appears to be a collage of old documents and maps. In the bottom left corner, there is a small decorative graphic of a quill pen and a scroll.

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



Aurora's & Quill



ON THE GROUND OF
THE YS PLINCO JUNE 1900

PROLOGUE

The Chronicles We Create

Every story begins with a moment—an imprint left on time, a fleeting instant that becomes a memory, a lesson, or a legacy. As we move through the corridors of our college years, we are not just students or dreamers; we are authors of a story still being written.

This edition of our college magazine Dhirathi 2025 with the theme Chronicles, is a tribute to the journey that shape us. Within these pages, you will find echoes of our past, the spirit of our present, and the promise of our future. Every article, poem, and photograph are a thread in the grand tapestry of our collective experience—woven with passion, perseverance, and purpose.

Like chronicles that have immortalized civilizations, ideas, and revolutions, this magazine seeks to capture the essence of our time here. From moments of triumph to lessons learned, from friendships forged to aspirations set in motion, Chronicle stands as a testament to the voices, visions, and victories that define us.

As you turn these pages, we invite you to relive memories, celebrate achievements, and embrace the stories that bind us together. Because in the end, we are all part of a greater narrative—one that will continue to unfold long after today.

And so, the Chronicle begins...

EDITORIAL

**"JOURNEYING THROUGH WISDOM AND WONDER,
UNVEILING THE UNEXPLORED HORIZONS OF KNOWLEDGE AND CREATIVITY."**

As the dawn of a new year unfolds, MVJ College of Nursing takes immense pride in presenting Dhirathi 2025—an electrifying spectacle of intellect, creativity, and boundless passion. This year, our fest is woven around the powerful theme—Chronicles—a tribute to the stories that define our journey, the milestones that shape our legacy, and the vision that propels us towards an extraordinary future.

A chronicle is more than just a record of time—it is a testament to the perseverance, ingenuity, and aspirations that transcend generations. Dhirathi 2025 serves as a grand tapestry where the past, present, and future converge, forging an arena where ideas flourish, talents are honed, and inspiration takes flight. With a plethora of events ranging from exhilarating competitions and mesmerizing cultural performances to cutting-edge technological showcases and thought-provoking symposiums, this fest is an opportunity for every participant to script their own story of triumph and innovation.

The campus will pulsate with energy as students, academicians, professionals and visionaries from diverse domains come together to exchange knowledge, celebrate creativity, and foster transformative change. Our intellectually stimulating workshops will cultivate new skills, while distinguished guest speakers will share invaluable insights, bridging the wisdom of yesteryears with the ambitions of tomorrow. The vibrant performances will narrate tales of artistry and passion, ensuring that every moment is etched in the chronicles of our collective memory.

But Dhirathi 2025 is more than just an event—it is a movement, a celebration of the indomitable human spirit that strives for excellence and reinvention. Whether you are a dreamer, a thinker, a creator, or a trailblazer, this is your platform to shine, to inscribe your name in the grand narrative of progress, and to be a part of a legacy that will inspire generations to come.

My heartfelt gratitude extends to our honourable Chairman, Dr. M J Mohan, whose unwavering commitment to academic excellence has been the cornerstone of our institution's success. His visionary leadership continues to inspire us, fostering an environment where knowledge thrives, creativity flourishes, and innovation knows no bounds.

A profound appreciation to our esteemed Director, Dr. Dharani, for her steadfast encouragement and exceptional guidance. Her insightful leadership has been instrumental in shaping the spirit of Dhirathi 2025, ensuring that it remains a beacon of inspiration, growth, and collaboration.

I extend my sincere thanks to our Principal, Prof. Priscilla Nirmal, and Vice-Principal, Mrs. Mahalakshmi, whose dedicated mentorship and unwavering support have played a crucial role in nurturing a culture of learning and creativity. Their guidance has provided the foundation upon which this fest stands, empowering students to dream big and achieve greater heights.

A heartfelt note of appreciation to the Editorial Team, whose dedication, hard work, and meticulous attention to detail have brought this magazine to life. Their passion for storytelling and commitment to excellence have ensured that Dhirathi 2025 remains a true reflection of the intellectual and creative spirit of our college.

A special acknowledgment to the design and printing team of Josco Printers, whose expertise and craftsmanship have beautifully transformed our vision into a tangible masterpiece. Their artistic contribution has made this fest an unforgettable experience.

Let us embark on this magnificent journey of storytelling, innovation, and camaraderie. Welcome to Dhirathi 2025 at MVJ College of Nursing—where every moment is a story waiting to be told, and every achievement is a chapter in the making!

PROF. PARKAVI B
MVJCON
CHIEF EDITOR



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Seated left to Right: Ms. Rosi Bandi, Prof. Parkavi B, Prof. Mahalakshmi B- Vice Principal, Dr. Dharani Mohan- Director,
Prof. Priscilla Nirmal G - Principal, Prof. Christy Sharmila K, Mr. Krishna Das.

Standing left to Right: Mr. Subhadip Maity, Mr. Rupesh Kumar, Mr. S K Ariz R, Mr. Shine Saji, Ms. Manny Manoharan.

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SIDDARAMAIAH

Chief Minister
Government of Karnataka



MESSAGE

No: CM/PS/398/2025

Date: 06-03-2025

I am glad to learn that the M.V.J. College of Nursing is bringing out its annual magazine.

Nursing is a noble calling that plays a crucial role in quality healthcare system. The dedication of nurses in patient care and contribution of service is significant to public health. I commend M.V.J. College of Nursing for its efforts in providing high-quality education and fostering a spirit of service among its students..

Dr. M.V. Jayaraman was a visionary educator and philanthropist who dedicated his life to advancing quality education in India. As the founder of M.V.J. College of Nursing and several other esteemed institutions, he believed in empowering young minds through knowledge, discipline and innovation.

I hope this magazine will serve as a platform to showcase achievements, shared knowledge, and inspire future generations of healthcare professionals. I wish M.V.J College of Nursing continued success in its mission to educate, empower and elevate the standards of nursing care.

Siddaramaiah

Vidhana Soudha Bengaluru - 560 001





Dr. B. L. Sujatha Rathod

Director
Directorate of Medical Education
Government of Karnataka



MESSAGE

Letter No: DME/JD/90/2024-25

Date: 29.03.2025

Greetings from the Directorate of Medical Education, Karnataka.

I am pleased to receive your request and extend my heartfelt congratulations to MVJ College of Nursing on completing 31 years of dedicated service in nursing education. It is truly commendable that your institution has been instrumental in training highly skilled nursing professionals who contribute significantly to the healthcare system.

The nursing profession is the backbone of healthcare services, playing a critical role in patient care, public health, and the overall strengthening of the healthcare system. In the current Indian healthcare scenario, the demand for well-trained nurses has increased tremendously due to multiple factors, including an ageing population, increased burden of non-communicable diseases, and the need for universal health coverage (UHC). Moreover, the COVID-19 pandemic highlighted the indispensable role of nurses as frontline warriors who worked tirelessly to save lives.

India, with its ambitious Ayushman Bharat initiative and National Health Mission (NHM), is striving to improve healthcare accessibility and quality. The success of these initiatives largely depends on the availability of trained nursing professionals who can provide quality patient care and also take leadership roles in primary healthcare, critical care, and public health sectors. Educational institutions like MVJ College of Nursing have played a vital role in equipping future nurses with the necessary skills, resilience, and dedication to overcome these challenges and serve with excellence.

The motto of your institution, "Enter to Learn, go forth to Serve and heal the Sick," perfectly aligns with the values of the nursing profession. Beyond clinical expertise, nurses bring compassion, empathy, and holistic care into healthcare delivery, making them the pillars of patient-centric care. With advancements in healthcare technology, artificial intelligence in nursing, and a growing emphasis on evidence-based practice, it is crucial for nursing education to adapt and prepare students for a rapidly evolving healthcare landscape.

As you unveil the college magazine during the Graduation Ceremony in March 2025, I extend my best wishes to the graduating students, faculty, and staff. May this magazine serve as an inspiration, documenting the achievements, experiences, and aspirations of the institution and its students. I encourage all aspiring nurses to continue striving for excellence, upholding the ethics of the profession, and contributing towards a healthier and stronger World.

Wishing MVJ College of Nursing continued success in its mission to educate and empower the next generation of nursing professionals.

Dr. B. L. Sujatha Rathod

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

Dr Bhagavan .B.C

MBBS, M.S., FMAS, FRCS (Edinburgh) FRCS (Glasgow)

Vice Chancellor
Rajiv Gandhi University of Health Sciences



MESSAGE

Date: 19-03-2025

I am happy to learn that the MVJ School of Nursing, and the MVJ College of Nursing, Hoskote are celebrating their joint Lamp Lighting and Graduation Ceremony. Started in the year 1993, and 2004 respectively, these institutions are observing their Graduation Day Ceremony in March 2025.

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'.

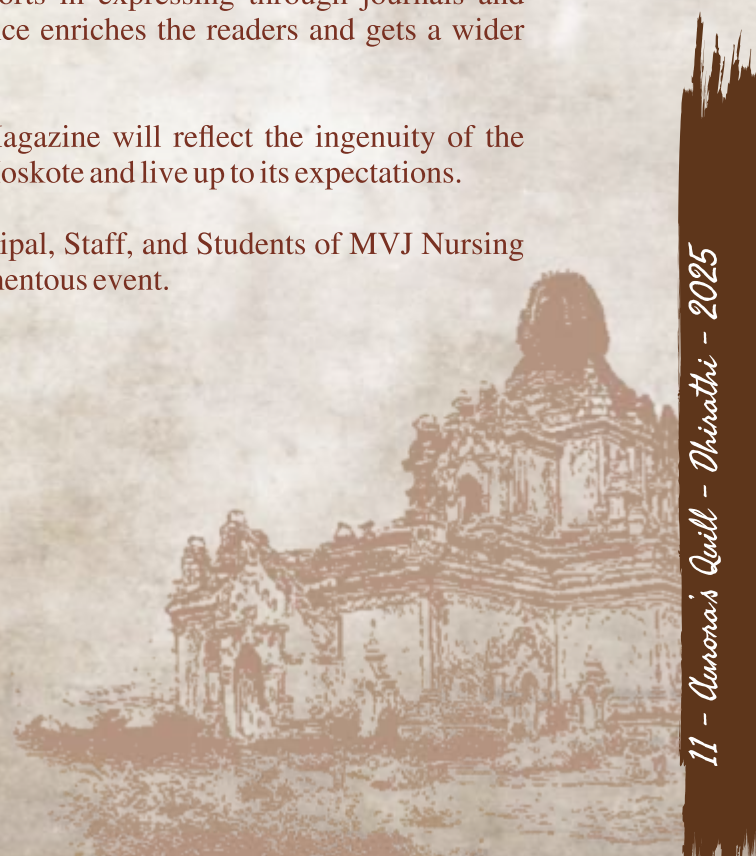
I also understand that a College Magazine will be released to commemorate the occasion. College magazines are outlets for the creativity of the students and teachers. Their intellect and ingenuity get honed through constant efforts in expressing through journals and magazines. Such sharing of ideas and experience 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 complement the Management, Principal, Staff, and Students of MVJ Nursing Institutions, Hoskote on the occasion of this momentous event.

Dr. Bhagavan .B.C

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Email: vc@rguhs.ac.in | Website: www.rguh.ac.in



Dr. Riyaz Basha S

M.D, GMHE (IIM-B)

Registrar (Evaluation)
Rajiv Gandhi University of Health Sciences



MESSAGE

Date: 19-03-2025

I am happy to know that the MVJ School of Nursing, and the MVJ College of Nursing, Hoskote will celebrate their joint Lamp Lighting and Graduation Ceremony in April 2024. The MVJ School of Nursing was established in the year 1993, and the MVJ College of Nursing was established in the year 2004.

Both these institutions have delivered yeoman service to the community both in healthcare and education. The alumni of these two institutions have spread across the country, and also abroad. Such an achievement is the reiteration of commitment that the founder had for the society. His motto - 'Enter to learn, go forth to serve and heal the sick' is the driving force for the current state of progress that the institutions have made.

As part of the Graduation Day, the College Magazine will be released. It is my belief that college magazine provides platform for the students and teachers to project their talent and creativity. I hope that the College Magazine will live up to the past track record of maintaining quality and utility for the profession.

I greet and compliment the Management, Principal, Staff and Students of MVJ Nursing Institution, Hoskote on this occasion.

Dr. Riyaz Basha S

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Dr. MJ Mohan

Chairman

MVJ Medical College & Research Hospital
MVJ College of Nursing



It gives me immense pleasure to write a few words in the latest edition of our nursing college magazine "DHIRATHI 2025". I am glad to learn that our "MVJ COLLEGE OF NURSING" is celebrating its Lamp Lighting Ceremony & Graduation Day. As we reflect on the achievements and growth of our nursing institution, I am filled with pride and gratitude for the dedication and hard work shown by everyone who forms a part of this institution.

Nursing is not merely a profession; it is a vocation of service, compassion, and humanity. Our goal as an institution is not only to impart knowledge but to instill the values of care, empathy, and resilience that are essential in shaping competent and compassionate healthcare professionals.

I would like to extend my heartfelt congratulations to our MVJ College of nursing students in achieving well deserved ranks & distinctions in the University examination and I am confident that these distinctions will serve as a stepping stone toward even greater success in your professional careers. May the light you carry always guide you on your path.

A special and heartfelt appreciation goes to our esteemed Director of MVJ College of Nursing, Dr.Dharani under whose leadership & dedication led to the growth and development of this institution, ably supported by our Principal & Vice Principal of Nursing College.

On this occasion, I commend the efforts of our students, faculty team of the editorial committee in bring out this Magazine of MVJ College of Nursing "DHIRATHI 2025" and I once again congratulate all the graduating students for their successful endeavour.

A handwritten signature in black ink, appearing to be "Dr. MJ Mohan".

Dr. MJ Mohan



Dr. Dharani Mohan

Chief Executive Officer
MVJ Medical College & Research Hospital
Director
MVJ College of Nursing



It is with immense pride and joy that I present to you the latest edition of our Nursing College Annual Magazine “Dhirati 2025”. This publication is a testament to the dedication, hard work, and unwavering commitment of our nursing community to excellence in education, research, and patient care.

The past year has been a journey of growth, resilience, and innovation. Our students have continued to shine, not only in their academic pursuits but also in their clinical practice, embodying the values of compassion, empathy, and professionalism that define the nursing profession. Our faculty members have tirelessly worked to impart knowledge, inspire critical thinking, and foster a culture of lifelong learning. Together, we have achieved remarkable milestones, celebrated successes, and overcome challenges with determination and unity.

This magazine captures the essence of our collective efforts—highlighting academic achievements, research breakthroughs, community outreach initiatives, and the vibrant extracurricular activities that enrich the lives of our students. It also serves as a platform to honor the contributions of our alumni, who continue to make a profound impact in healthcare settings across the globe.

As we reflect on the past year, let us also look forward to the future with optimism and a renewed sense of purpose. The field of nursing is evolving rapidly, and it is our responsibility to stay ahead of the curve, embracing new technologies, evidence-based practices, and holistic approaches to patient care. Let us continue to nurture the next generation of nurses who will lead with integrity, advocate for health equity, and make a difference in the lives of countless individuals.

I extend my heartfelt gratitude to everyone who has contributed to this magazine and to the success of our college. Your passion, dedication, and unwavering support are the driving forces behind our achievements.

Here's to another year of excellence, innovation, and service to humanity. Let us continue to uphold the noble values of the nursing profession and strive to make a meaningful impact in the world.

Dr. Dharani Mohan

Dr. B. Ravichander
Principal
MVJ Medical College & Research Hospital



I'm glad to know that MVJ College of Nursing is conducting the Graduation Day and Lamp lighting ceremony on the 5th of April 2025.

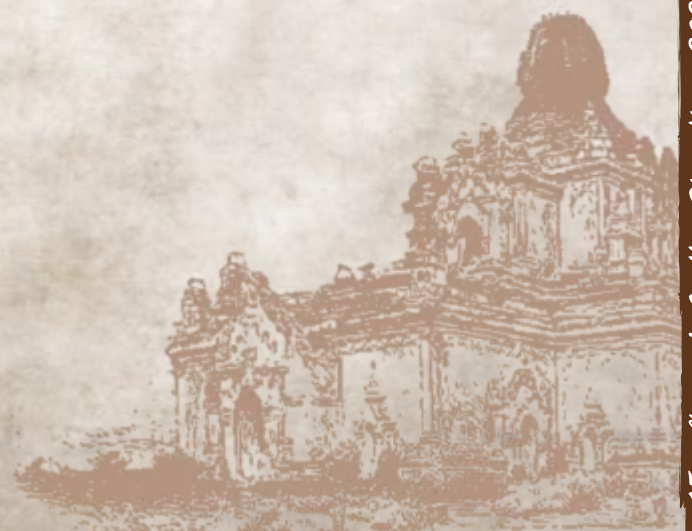
I had the opportunity and privilege of observing and participating in the various activities of the College of Nursing which is co located with the Medical College. I must commend the students and the faculty for their wholehearted participation at the various event that they conduct both Academic and Non- academic. All this adds up to the excellent performance at the University Examination consistently.

I'm happy to learn that they are going to publish their college magazine "Dhirathi" on the occasion of the Graduation Day. I'm sure this magazine like in earlier years will be a feast for the mind of its readers.

I wish them all the best...!

A handwritten signature in black ink, appearing to read "B. Ravichander".

Dr. B. Ravichander



Prof. Dr. Dayananda G

Medical Superintendent
MVJ Medical College & Research Hospital



As Medical Superintendent & Vice Principal of MVJ Medical College and Research Hospital I am proud to express my views for the annual magazine – DHIRATHI 2025 set to be released during the Graduation Ceremony.

It is my privilege and utmost pleasure to be associated with this renowned institution with world class infrastructure, dedicated teaching faculties, creative students and enthusiastic staff. We take pride in providing an educational approach to instill in our students the importance of being responsible health care providers apart from curricular and extracurricular activities.

I congratulate all the staff and students of MVJ College of Nursing for embracing innovation and latest educational approaches, which ensures the students to prepare for the new life challenges and opportunities that lie ahead. 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 Students.

I profusely thank our Insightful Chairman, Dr MJ Mohan, our certainly an Active and Energetic Personality, CEO Dr. Mrs. Dharani Mohan, Members of the Management, and the Spirited Principal of MVJCON, Prof. Priscilla Nirmal for all their passionate support towards this endeavour. It is my earnest duty to place on records my heartfelt thanks to the editorial committee and all the contributors for making DHIRATHI 2025 a growing success.

A handwritten signature in black ink, appearing to be 'Dayananda G'.

Prof. Dr. Dayananda G



Prof. Priscilla Nirmal G

Principal
MVJ College of Nursing



Dear Readers,

Welcome to the latest edition of Dhirathi 2025 our esteemed college magazine. As we reflect on our shared experiences, we recognize that each story, achievement, and aspiration contributes to the rich tapestry of our academic journey.

This publication mirrors our collective accomplishments, collaborative efforts, and the dynamic experiences that define our scholarly pursuits, making learning both meaningful and enjoyable. It embodies our spirit of innovation and resilience, showcasing the collective ethos through the diverse articles, artworks, and poems contributed by our talented students.

May these pages inspire and encapsulate the myriad talents of our editorial team. I commend their dedication and the originality evident in this publication.

I extend my heartfelt gratitude to our Honorable Chairman, Dr.M.J MOHAN, esteemed Director DR.DHARANI, devoted faculty members, and our students, whose boundless potential continues to propel our institution forward.

A handwritten signature in black ink, appearing to be 'Priscilla'.

PRISCILLA NIRMAL. G



Mrs. Mahalakshmi B

Vice-Principal
MVJ College of Nursing



"Chronicle: A Journey Through Time"

As we flip through the pages of this magazine Dhirathi 9th edition, we embark on a journey through the annals of our college's history. The theme "Chronicle" aptly captures the essence of our institution's growth, struggles, and triumphs. I am delighted to see our students, faculty, and alumni sharing their stories, experiences, and achievements in these pages. This magazine is a testament to our collective efforts to provide excellence in nursing education.

I am thrilled to learn that our students have secured university ranks, a testament to their hard work, dedication, and perseverance. I applaud their commitment to academic rigor and the passion for learning. This success is a reflection of the supportive environment and guidance provided by our faculty. I would like to extend my heartfelt gratitude to our Respected Chairman and Beloved Director for their visionary leadership, guidance, and unwavering support. Your leadership has been instrumental in shaping our institution into a premier college of nursing. Your commitment to excellence, innovation, and student-centricity has inspired us to strive for the highest standards.

As we chronicle our journey, we are reminded of our commitment to nurturing compassionate, competent, and innovative nurses. We take pride in our alumni who are making a positive impact in the healthcare sector. Let us continue to work together, to learn from one another, and to build a brighter future for our college and our community. I wish you all the best as you embark on this new chapter. Let me remind each one of you that there is no substitute for hard work. Remember, hard work and hard work after hard work and your life will be changed forever.

I congratulate the editorial team for their tireless efforts in bringing out this edition. May this magazine continue to inspire and motivate us to strive for excellence.

Wishing you all continued success and happiness...!

Mrs. Mahalakshmi B

The Faculty of MVJ College of Nursing



Seated left to Right:

Prof. Parkavi B, Prof. Mahalakshmi B-Vice Principal, Dr. Dharani Mohan- Director, Dr. M J Mohan- Chairman,
Prof. Priscilla Nirmal G –Principal, Prof. Christy Sharmila K, Mrs. Jyothi G.

1st Row Standing L-R:

Ms. Sukanya, Mrs. Sushmitha Acharjee, Mrs. Shwetha S, Ms. Rosi Bandi, Mrs. Manipadavu Shruti, Ms. Pavithra T,
Mrs. Shenbagam, Mrs. Sandhya Rani C, Mrs. Girijamma, Ms. Shreyashree Sarkar, Ms. Suhana K.

2nd Row Standing L-R:

Mr. Arun S, Mrs. Aruna B, Mr. Anand Isaac A, Mr. Bharath Kumar P, Mr. Krishna Das, Mr. Pramod K.

Final Year B.Sc. Nursing 2020-2024 Batch



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THE CHRONICLES

*Through threads of time, in ink and rhyme,
We carve our tales, both bold and prime.
A fleeting breath, a whispered name,
Yet every spark ignites a flame.*

*The echoes of footsteps on hallways worn,
Dreams once fragile, now reborn.
Laughter spills like golden light,
Through endless days and sleepless nights.*

*Moments fade, but stories stay,
Etched in time, they find their way.
A past well-lived, a future wide,
In chronicles where we confide.*

*So, turn the page, let legends grow,
Let voices rise, let memories flow.
For we are ink, we are the art,
The chronicle beats within our heart.*

Time moves forward, unstoppable and relentless, yet within its flow, we find moments worth remembering—stories worth telling. A chronicle is more than a mere record—it is a timeless testimony to the ebb and flow of life, a narrative woven with moments that define who we are. It is the bridge between the past, present, and future, preserving the echoes of yesterday while shaping the stories of tomorrow.

Talent is the silent architect of progress, the force that turns vision into reality, and the spark that ignites the flames of creativity. It is an inheritance of the mind and soul, a gift that flourishes when nurtured with passion, perseverance, and purpose. Dhirathi, a name that embodies the essence of talent, stands as a beacon of excellence,

celebrating the boundless ingenuity that resides within every student.

This edition, aptly themed Chronicles, is not merely a collection of words on a page but a profound tapestry of experiences, aspirations, and reflections. These chronicles capture the myriad hues of student life—the triumphs that inspire, the struggles that fortify, and the moments that define our collective journey. Within these pages, you will find poetry that breathes emotion, prose that challenges perspectives, and narratives that immortalize the spirit of our institution..

A chronicle is more than a recollection of events; it is a testimony to time, an enduring legacy of voices yearning to be heard. This magazine seeks to preserve those voices, to give permanence to fleeting moments, and to celebrate the artistry of thought. Every contribution within Dhirathi Chronicles is a reflection of the unyielding pursuit of excellence, a showcase of talent honed within the vibrant corridors of our college.

As you immerse yourself in these pages, may you find echoes of your own journey, sparks of inspiration, and a renewed appreciation for the creative minds that shape this institution. After all, talent is not merely an attribute—it is a force that transcends boundaries, a chronicle waiting to be written, and a legacy waiting to unfold.

Welcome to Dhirathi Chronicles—where talent finds its voice, and stories transcend time.

TIDE OF THE Chronicles

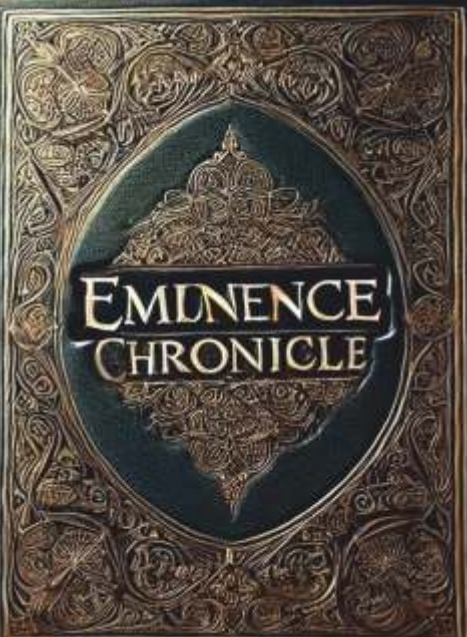
TIDE OF
THE
CHRONICLE



ZENITH
CHRONICLES



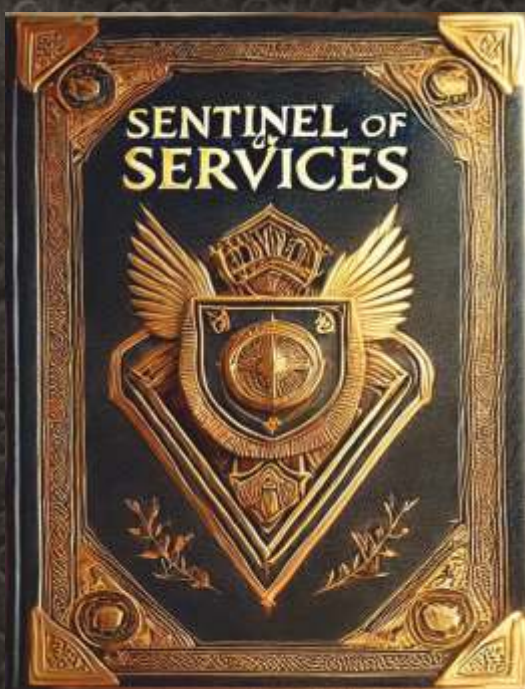
EMINENCE
CHRONICLE



LUMINORY
LEXICON



SENTINEL OF
SERVICES



COLLEGE TOPPERS

"Written in the chronicles of success, your hard work shines bold and bright!"

Final Year B.Sc. Nursing



Ms. Suparna Sarkar
433/500 (86.6%)



Ms. Riya Bist
431/500 (86.2%)



Ms. Sohini Roy
431/500 (86.2%)



Ms. Nandita Panda
422/500 (84.4%)

III YEAR B.Sc. Nursing



Mr. SK Ariz Rahaman
596/700 (85.1%)



Ms. Sangita Sarkar
593/700 (84.7%)



Ms. Eshita Munshi
585/700 (83.5%)

IV SEMESTER B.Sc. Nursing



Bleny s Biju Mathew
257/300 (85.6%)



Esther Abraham
247/300 (82.3%)



Rizana K Razack
246/300 (82%)



Therasa Abraham
246/300 (82%)

II SEMESTER B.Sc. NURSING



Ms. Nayana Biju
263/300 (87.6%)



Ms. Abhimanya Madhu
254/300 (84.6%)



Ms. Merin Elza Suju John
247/300 (82.3%)

FINAL YEAR DGNM



Ms. Christy Maria Jose
346/400 (86.5%)



Mr. Pradip Das
337/400 (84.25%)



Ms. Sanjita Guechit
337/400 (84.25%)

II YEAR DGNM



MS. ANJALI G
555/700 (79.5%)



MS. PUSHPA A
543/700 (77.5%)



MS. SONU BAM
537/700 (76.7%)

I YEAR DGNM



MS. SOUNDARYA GOLLALAPPA KOTAGI
380/500 (76%)



Ms. H Manjula
351/500 (70.2%)



Ms. Payel Maitra
349/500 (69.8%)

UNIVERSITY RANK HOLDERS

MS. SOHINI ROY

I	Anatomy & Physiology	9
I	Nutrition & Biochemistry	2
I	Nursing Foundation	6
II	Sociology	7
III	Child Health Nursing	7
III	Mental Health Nursing	10
III	Nursing Research & Statistics	10
IV	Obstetrical & Gynaecological Nursing	10
IV	Community Health Nursing-II	8

MS. SUPARNA SARKAR

I	Anatomy & Physiology	5
I	Nutrition & Biochemistry	6
II	Community Health Nursing-I	6
III	Medical Surgical Nursing-II	9
III	Child Health Nursing	4
IV	Obstetrical & Gynaecological Nursing	6

MS. SRIJANA CHAUDHARY

I	Nutrition & Biochemistry	10
I	Nursing Foundation	9
II	Pharmacology, Pathology & Genetics	3
II	Communication & Educational Technology	4
III	Mental Health Nursing	6

MS. RIYA BIST

I	Nursing Foundation	7
II	Community Health Nursing-I	9
III	Child Health Nursing	9
II	Community Health Nursing-II	9

MS. SHIULI MUKHYOPADHYAY

I	Nutrition & Biochemistry	10
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MS. NANDITA PANDA

II	Communication & Educational Technology	8
IV	Management of Nursing Services & Education	10

MS. BINITA RAWAT

III	Nursing Research & Statistics	10
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MS. DEEPI SREE L

III	Nursing Research & Statistics	10
-----	-------------------------------	----

MS. GOWRI S NAIR

IV	Management of Nursing Services & Education	6
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MS. PROTITI CHAKRABORTY

IV	Management of Nursing Services & Education	8
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FACULTY FLOURISH FORUM

As part of our ongoing commitment to professional development and academic excellence, a Continuing Education Program was organized to explore emerging trends and evidence-based practices in healthcare and education. This session featured insightful presentations by esteemed faculty members, highlighting the integration of technology in nursing and innovative therapeutic approaches in special education.

Presentation 1: Augmented Reality in Nursing

Mrs. Sandhya Rani, Assistant Professor delivered a compelling presentation on "Augmented Reality in Nursing," examining its transformative role in both clinical practice and nursing education. She provided

CONTINUING EDUCATION PROGRAM

an overview of the fundamental principles of Augmented Reality (AR) and its increasing relevance in modern healthcare. Her discussion emphasized AR's applications in nursing education, the advantages of its integration into clinical settings, and evidence-based research supporting its effectiveness. Additionally, she outlined key strategies for successfully developing and implementing AR programs within nursing curricula and practice.



Presentation 2: Effectiveness of Art Therapy on Fine Motor Activity Among Mentally Challenged Children

Mrs. Shwetha, Assistant Professor presented a journal article on "A Study to Assess the Effectiveness of Art Therapy on Fine Motor Activity Among Mentally Challenged Children in Selected Special Schools of Indore, Madhya Pradesh." Her research explored the impact of art therapy as a structured intervention to enhance fine motor skills in children with special

needs. The study underscored the therapeutic benefits of creative expression in improving motor coordination and overall well-being, reinforcing the importance of alternative therapeutic approaches in special education.

This Continuing Education session provided valuable insights into innovative methodologies shaping both healthcare and education, fostering knowledge enhancement and interdisciplinary learning among faculty.



INDIAN NURSING COUNCIL

NPCC REVIEW WORKSHOP

The Indian Nursing Council (INC) organized a **Review Workshop on January 9th and 10th, 2025**, to assess and enhance the **Nurse Practitioner Critical Care (NPCC) program**. A total of **42 colleges** from across the country participated in this important event, contributing to discussions on the **progress, challenges, and future direction** of the program.

Representing **MVJ College of Nursing**, **Dr. Prasad Kulkarni, Head of Anesthesia**, attended as the **medical preceptor**, alongside **Prof. K. Christy Sharmila**, who participated as the **nursing preceptor**. Their involvement in the workshop underscored MVJ's commitment to advancing nursing education and strengthening the role of **nurse practitioners in critical care settings**.

The workshop provided a **valuable platform for dialogue** on key aspects of the NPCC program, including curriculum **planning, implementation strategies, and potential modifications**—such as a proposed shortening of the Nurse Practitioner course. The **INC commended the delegates** for their insightful contributions and encouraged more institutions to introduce the **Nurse Practitioner course** to bridge the gap in advanced nursing care across India.

To facilitate **focused discussions and effective problem-solving**, participants were divided into **working groups**, where they collaboratively explored ways to **enhance training methodologies, improve clinical exposure, and ensure the program's alignment with evolving healthcare needs**.

The **two-day workshop** concluded with a heartfelt **vote of thanks** to all participating colleges and delegates, acknowledging their dedication to **elevating nursing education and practice**.

MVJ College of Nursing remains steadfast in its mission to **foster excellence in nursing education** and looks forward to contributing further to the **growth and success of the NPCC program in India**.



ONSITE SKILL STANDARDIZATION AND SIMULATION TRAINING

ORGANIZED BY THE INDIAN NURSING COUNCIL

The Indian Nursing Council (INC) successfully conducted the 28th batch of the five-day Onsite Skill Standardization and Simulation Training, aimed at capacity building for midwifery faculty in India. Held at the National Reference Simulation Centre (NRSC) from September 23 to 27, 2024, the program saw participation from 20 faculty members representing both private and government institutions across multiple states, including New Delhi, Odisha, Maharashtra, Uttarakhand, West Bengal, Karnataka, Uttar Pradesh, Telangana, Rajasthan, Gujarat, and Andhra Pradesh.

Representing MVJ College of Nursing, Mrs. Mahalakshmi, Professor, and Ms. Pavithra, Assistant Professor, participated in the training program, gaining valuable insights and hands-on experience in midwifery education.

The inaugural session was led by Dr. T. Dileep Kumar, President, Indian Nursing Council, and Ms. Anu Grover, Director, NRSC, who addressed the participants, emphasizing the importance of skill enhancement in midwifery education.

Key Highlights of the Training Program:

Hands-on Skill Standardization: Intensive training to refine essential midwifery competencies

Simulation-Based Learning: Structured sessions leveraging advanced simulation techniques to enhance instructional proficiency. Interactive Workshops: Practical exposure to ensure faculty members gain confidence in teaching midwifery techniques effectively.

The program concluded with a valedictory

ceremony, where Ms. Anu Grover and Ms. Ritu Yadav, Course Director, along with other team members, presented certificates of completion to all participants.

The faculty members expressed deep appreciation for the training, highlighting its effectiveness in improving their teaching methodologies and practical skills. The program was widely recognized as a valuable initiative for faculty development, and future sessions of a similar nature are highly anticipated.

The successful completion of the 28th batch marks a significant step toward strengthening midwifery education in India. The Indian Nursing Council remains committed to conducting such capacity-building programs to ensure high standards in nursing education and practice across the country.



RESEARCH PAPER PUBLICATION

Ms. Manipadavu Shruti Dayanand, Assistant Professor at MVJ College of Nursing (MVJCON), has successfully published a research paper titled "A Study to Assess the Knowledge on Osteoporosis Among Postmenopausal Women in a Selected Hospital, Mangalore."

Her paper has been featured in the MAT Journals - Research and Review: Management of Cardiovascular and Orthopaedic Complications (Vol. 7, Issue 1, 2025), a national journal indexed in Google Scholar.

This accomplishment highlights her dedication to academic research and contributions to the field of healthcare. Congratulations to Ms. Shruti on this remarkable achievement!



RESOURCE PERSON AT INTERNATIONAL CONFERENCE

Prof. Priscilla Nirmal, Principal was a resource person at the National Paediatric Nursing conference in Tehmi Grant institute of Nursing education, Pune on 1/3/2025.

She delivered a presentation on "Educating Caregiver on Holistic care and continuation of therapy." She shared valuable insights of Nursing role in holistic care.



FIELD TRAINING PROGRAM ON PROJECT QUALITY INITIATIVES IN THEORY-BASED ASSESSMENT

The Field Training Program on Project – Quality Initiatives in Theory-Based Assessment was successfully conducted at MVJ College of Nursing on March 2, 2024. The training session, held from 9:00 AM to 4:00 PM, saw the participation of 30 faculty members, focusing on enhancing assessment strategies in nursing education.

The program began with a pre-test (9:00 AM – 9:10 AM) to assess baseline knowledge, followed by an invocation seeking divine blessings. Principal Prof. Priscilla Nirmal delivered a welcome address, providing an insightful introduction to Theory-Based Assessment and setting the tone for the session.

Key Focus Areas:

Education as a System – Understanding the broader framework of learning and assessment. Principles of Student Assessment – Ensuring fairness, reliability, and validity in evaluation. Mapping Curriculum for an Assessment Blueprint – Aligning assessments with learning outcomes.

Theory-Based Assessment – Exploring structured methodologies for effective evaluation. Hands-on Activities – Participants actively engaged in individual and group exercises, developing:

- Long Answer Questions (LAQs)
- Structured Essay Questions (SEQs)
- Short Answer Questions (SAQs)
- Multiple-Choice Questions (MCQs)
- Comprehensive Question Papers following the assessment blueprint.

The training was conducted by Mrs. Mahalakshmi, Professor, who led the sessions with expert guidance, interactive discussions, and practical exercises. Her dynamic approach ensured that participants gained a thorough understanding of assessment techniques and their practical applications.

A post-test (3:35 PM – 3:45 PM) was conducted to evaluate learning outcomes, followed by a feedback session, where participants expressed appreciation for the structured and hands-on nature of the training.

The program concluded with a vote of thanks from the trainer, and Principal Prof. Priscilla Nirmal expressed gratitude to all participants for their enthusiasm and active engagement, reinforcing MVJ College of Nursing's commitment to excellence in education.



STUDENTS WISDOM BEYOND WALLS

GUEST LECTURE

*"Transitioning from Student to Professional
– A Guide for Nursing Graduates"*
- Dr. Binoj Mathew

MVJ College of Nursing organized an insightful guest lecture on "Transitioning from Student to Professional – A Guide for Nursing Graduates", delivered by Dr. Binoj Mathew, Nurse Anaesthetist, Rio Grande Aesthesia and Pain Management Consultants, Texas, USA. The session was attended by final-year B.Sc. Nursing and DGNM students, providing them with essential guidance on smoothly transitioning into their professional careers.

Key Takeaways from the Lecture:

Bridging the Gap: Adapting to the transition from academic learning to professional practice.

Clinical Competency : Strengthening decision-making skills and patient care responsibilities.

Workplace Adaptability: Navigating real-world challenges in healthcare settings.

Ethical and Professional Conduct: Emphasizing integrity, compassion, and accountability in nursing.

Career Growth & Global Opportunities: Exploring specialization, higher education, and international career pathways.

The session was highly interactive, with real-life experiences, case discussions, and an engaging Q&A segment, allowing students to gain practical insights into their future roles. The event concluded with a vote of thanks, expressing appreciation to Dr. Binoj Mathew for his expertise and motivational guidance. The session served as an inspiration for students, equipping them with the confidence and knowledge to step into the professional world of nursing with excellence and dedication.



NATIONAL LEVEL WORKSHOP ON “PALLIATIVE CARE: NURTURING LIVES”

MVJ School & College of Nursing successfully organized a two-day National Workshop on "Palliative Care: Nurturing Lives" on 13th and 14th September 2024. The workshop aimed to enhance knowledge and skills in palliative care, focusing on compassionate and holistic approaches to patient care.

Objectives of the Workshop

- To provide a comprehensive understanding of palliative care principles.
- To enhance communication skills essential for patient-centered care.
- To discuss best practices in end-of-life care management.
- To explore advanced strategies in pain management.

The workshop featured eminent speakers from reputed institutions, including:

- Karunashraya, KIDWAI Memorial Hospital
- Christian Medical College (CMC), Vellore
- Fr. Muller's Medical College
- Medical Experts from the UAE

The sessions covered critical aspects of palliative care, including:

- Concepts and Fundamentals of Palliative Care
- Effective Communication in Palliative Settings
- End-of-Life Care Management and Ethical Considerations
- Pain and Symptom Management
- Hands-on Training through Workstations

The interactive sessions and workstations provided participants with practical exposure to real-world scenarios, fostering hands-on learning experiences. The workshop witnessed enthusiastic participation from both students and faculty. A total of 303 participants successfully completed the program and were awarded Participation Certificates in recognition of their engagement and learning.

The National Workshop on Palliative Care proved to be an enriching experience, equipping participants with valuable knowledge and practical skills essential for delivering compassionate and effective palliative care. The event concluded with a vote of thanks, expressing gratitude to the esteemed speakers, organizers, and participants for their active involvement.



ORIENTATION PROGRAMME 2024-2025 BATCH

"An orientation program serves as a gateway, guiding students toward a successful academic journey."

The Orientation Programme for the 2024-2025 batch of B.Sc. Nursing students was held on November 16, 2024, with the objective of introducing students to the college environment, academic curriculum, and institutional regulations. The program aimed to facilitate a smooth transition into nursing education while fostering a sense of commitment, professionalism, and discipline essential for the nursing profession.

- Dr. Dharani Mohan, Director, MVJ College of Nursing, delivered an inspiring address, emphasizing the core values of dedication, compassion, and perseverance in the nursing profession.
- Prof. Priscilla Nirmal G., Principal, provided an overview of the academic framework, institutional achievements, and innovative teaching methodologies, reaffirming the college's commitment to excellence in nursing education.
- Mrs. Mahalakshmi B., Vice Principal, outlined the rules and regulations governing both the

institution and the hostel. She emphasized the importance of discipline, integrity, and adherence to institutional policies..

- Prof. Parkavi B., Academic Coordinator, introduced the B.Sc. Nursing curriculum, offering insights into its structure, learning objectives, and key academic expectations.
- Students were formally introduced to the teaching faculty and their respective subjects.
- To ensure a smooth transition, an interactive Q&A session was conducted, allowing students and parents to seek clarifications on academics, student life, and institutional policies.

The Orientation Programme 2024-2025 successfully laid the foundation for a transformative academic journey for the new batch of aspiring nurses. The event concluded with the National Anthem, marking the beginning of their commitment to excellence in nursing education and patient care.



NUTRITION PROGRAM - 2024

"Good nutrition is the foundation of health, empowering the body, sharpening the mind, and fuelling a vibrant life."



The Nutritional Program 2024 was successfully organized by II Semester B.Sc. Nursing and I DGNM students from October 19 to October 28, 2024, with the objective of promoting the vital role of nutrition in healthcare and patient well-being.

As part of this initiative, students meticulously curated and presented a range of therapeutic diets tailored to meet specific health needs, including:

Hypertensive Diet – for blood pressure management

Antenatal & Postnatal Diets – ensuring maternal and infant health

Iron-Rich Diet – combating anaemia and boosting immunity

Low-Fat Diet – supporting heart health and weight management

Renal Diet – tailored for kidney health

Protein-Rich Diet – essential for muscle growth and recovery

High-Fiber Diet – promoting digestive health

Diabetic Diet – regulating blood sugar levels

Balanced Diet – ensuring overall nutritional well-being

The program provided valuable hands-on experience, allowing students to apply theoretical knowledge to practical dietary planning. It served as an insightful and interactive platform, reinforcing the significance of nutrition in disease prevention and holistic healthcare. The initiative was a resounding success, equipping future nursing professionals with a deeper understanding of dietary interventions and their role in patient care.

NURSES WEEK CELEBRATIONS 2024

HONORING OUR NURSES, SHAPING THE FUTURE



Nurses Week is celebrated annually from May 6th to May 12th to recognize and appreciate the invaluable contributions of nurses to the healthcare sector. The theme for Nurses Week 2024, "Our Nurses, Our Future: The Economic Power of Care," highlighted the crucial role nurses play in shaping the future of healthcare.

At MVJ School & College of Nursing, the Nurses Day Celebrations took place from May 11th to May 14th, 2024. A series of sports events, academic competitions, and cultural programs were organized by the esteemed faculty and the Student Nurses Association (SNA) to foster professional development, teamwork, and personal growth among students and faculty.

Day 1: Sports Day (May 11, 2024)

The celebrations commenced with a vibrant Sports Day, promoting camaraderie and physical fitness through engaging competitions. The events included:

- Throwball – Faculty (Girls) vs. Students (Girls)
- Cricket – Faculty (Boys) vs. Faculty (Girls)
- Volleyball – Students vs. Students

The Cricket tournament was won by the faculty team, led by Mr. Aravind. The Throwball and Volleyball matches were friendly games that emphasized sportsmanship and teamwork. The day concluded with refreshments for all participants and attendees, ensuring an energizing experience.

Day 2: Academic Events (May 13, 2024)

The second day of the celebrations took place at Saraswati Hall, Rajalakshmi Block, and commenced with an inspiring welcome speech by Vice Principal,

Mrs. Mahalakshmi. The academic competitions included:

Spell Bee Competition

Participants demonstrated their proficiency in medical terminology under the guidance of **Mr. Promod and Mr. Aravind**. Outstanding performers were recognized for their excellence in the competition.

Medical Relay

Organized by the **MSN Department**, this event tested students' practical knowledge and efficiency across five different stations. Participants who showcased exceptional skills were awarded for their performance.

To ensure a lively atmosphere, snacks were distributed during the break.

Debate Competition

A thought-provoking debate on "Social Media: Boon or Bane?" was conducted in the afternoon, showcasing persuasive arguments from both sides. The most compelling debaters were acknowledged for their exceptional arguments and presentation skills.

Day 3: Grand Celebration (May 14, 2024)

The final day marked the highlight of the celebrations, graced by distinguished guests **Dr. Dharani Mohan and Dr. Ravichander B** as chief guests. Other notable attendees included **Principal Ma'am, Vice Principal Ma'am, NS Ma'am, DNS Ma'am, MS Sir**, and esteemed faculty members.

Event Highlights

- The event commenced with a **devotional song** performed by **Ms. Christeena and Ms. Ajina**, followed by the **ceremonial lamp lighting** by the dignitaries.



- The **chief guests and Principal Ma'am** delivered insightful speeches, emphasizing the significance of nursing in shaping the future of healthcare.
- An **online conference by Mrs. Blessy** provided thought-provoking discussions and guidance for the students.
- **Role Play Presentation:** Under the guidance of **Prof. Parkavi**, students enacted “Ancient Tradition to Modern Tradition”, depicting the evolution of nursing practices.
- The audience were captivated by a graceful **classical dance performance by Nandana V & team.**

The event concluded with the **prize and certificate distribution ceremony**, recognizing the dedication, enthusiasm, and exceptional performances of all participants. In her closing address, **Principal Ma'am** emphasized the values of **dedication, compassion, and integrity** in nursing. She encouraged students to embrace their roles with pride and commitment, reinforcing their vital contributions to healthcare.

The three-day celebration successfully captured the essence of nursing, fostering team spirit, intellectual growth, and cultural appreciation. The event concluded on an inspiring note, leaving participants motivated to uphold the noble profession of nursing with dedication and excellence.



LAMP LIGHTING & GRADUATION CEREMONY



The Vedanta Auditorium resonated with joy and celebration on March 11, 2023, as MVJ College of Nursing welcomed 138 enthusiastic freshers while bidding a proud farewell to 141 graduates of the 31st batch of DGNM students and the 20th batch of B.Sc. Nursing students, who are now poised to embark on their noble journey of serving humanity.

Dr. Dharani Mohan, Director of MVJ College of Nursing, extended a heartfelt welcome to the distinguished gathering. The occasion was further elevated by the presence of the esteemed Chief Guest, Dr. Mylswamy Annadurai, a globally acclaimed space scientist and former Director of ISRO's Satellite Centre. With an illustrious career spanning 36 years at ISRO, Dr. Annadurai has played a pivotal role in the development of over 60 indigenous satellites and led India's most celebrated space endeavours—Chandrayaan-1 and Mangalyaan. Addressing the audience, he delivered an inspiring discourse on perseverance, innovation, and the profound impact of dedication in shaping a brighter future.

Dr. Annadurai had the honour of conferring degrees upon 141 graduates and unveiling the much-anticipated annual



college magazine, Dhirathi 2024. The Honourable Chairman, Dr. M.J. Mohan, extended his warmest congratulations to both the freshers and graduates, urging them to uphold the highest standards of their profession and make meaningful contributions to society.

A moment of solemnity and reverence unfolded during the Lamp Lighting Ceremony, a time-honoured tribute to Florence Nightingale. The incoming students took the sacred Nightingale Pledge, vowing to uphold the ethics, integrity, and excellence that define the nursing profession.

Academic distinction remains the hallmark of MVJ College of Nursing, and this year's graduates upheld this legacy with exceptional results, distinctions, and university ranks. Their achievements stand as a testament to their relentless hard work and the institution's unwavering commitment to academic brilliance.

The event concluded on a note of inspiration and celebration, marking a new chapter for both the freshers and graduates as they step forward, equipped with knowledge, skill, and an unyielding commitment to service.



EDUCATIONAL VISITS

MVJ College of Nursing organized a series of educational visits for final-year B.Sc. Nursing and DGNM students to various healthcare and public service institutions. These visits aimed to provide students with practical exposure to public health initiatives, community healthcare services, and national health programs.

Institutions Visited:

National Tuberculosis Institute (NTI):

Students gained insights into TB prevention, diagnosis, and treatment strategies under the National Tuberculosis Elimination Program (NTEP). Experts briefed them on case management, DOTS therapy, and epidemiological surveillance.

Family Planning Authority of India:

The visit focused on reproductive health, contraception methods, and national family planning policies. Students learned about counselling techniques and implementation of family welfare programs.

Indian Red Cross Society:

Students were introduced to the humanitarian efforts of the Red Cross, including disaster response, first aid training, blood donation drives, and community health initiatives.

Primary Health Centre (PHC) & Subcentre:

This visit provided hands-on exposure to rural healthcare delivery, covering maternal and child health services, immunization programs, communicable disease control, and health education initiatives.

Association of People with Disability (APD):

The visit to APD provided students with an opportunity to understand rehabilitation services, inclusive healthcare, and empowerment programs for individuals with disabilities. Students learned about assistive technologies, vocational training, and physiotherapy interventions aimed at improving the quality of life for people with disabilities.

Gram Panchayat:

Students interacted with local governance authorities to understand health policy implementation at the grassroots level, including sanitation, nutrition programs, and rural health schemes.

These educational visits were instrumental in bridging theoretical learning with real-world applications, enhancing students' clinical and community health competencies. The initiative reaffirmed MVJ College of Nursing's commitment to holistic nursing education by integrating practical exposure with academic excellence.



A Great Journey in Nursing



Every meaningful journey begins with a simple thought, often without a clear path. My journey into nursing was no exception. What started as an uncertain step transformed into a lifelong commitment to care, education, and service.

During my schooling years, a lack of interest led to average academic performance, and procrastination held me back. I struggled to find direction until nursing changed my perspective entirely. It was not awards or recognition that fuelled my passion, but the profound impact of heartfelt words from my mentors and the gratitude of the patients I served.

As I immersed myself in this noble profession, I realized that nursing was more than just a job—it was a calling. The experience awakened my hidden potential, pushing me beyond my limitations. The appreciation of my facilitators and the resilience of patients instilled in me a deep sense of purpose, reinforcing the true value of compassionate care.

Becoming an educator added a new dimension to my journey. Nursing evolved from a personal commitment to a mission—one that involved shaping the future of healthcare. Training and mentoring student nurses became a source of immense fulfilment, as I witnessed them grow into skilled professionals ready to serve with dedication and integrity. Through them, I found a way to extend my service beyond the bedside, ensuring that quality care reaches countless lives.

The suffering of patients moved me to act. Their tears and struggles strengthened my resolve, compelling me to not just provide care but to build a legacy of committed and compassionate nurses. I realized that true change begins with strong education and unwavering dedication, leading me to establish structured training programs that empower young nurses with the confidence and skills to excel in hospitals, nursing homes, and beyond.

Nursing is more than a profession—it is a journey of transformation, discipline, and unwavering service to humanity. This path has not only shaped my career but has also instilled in me a deeper sense of responsibility and purpose.

Looking back, I take immense pride in being both a nurse and an educator. The satisfaction of knowing that I have contributed to the growth of future caregivers is immeasurable. My hope is that this passion continues to inspire generations to come, ensuring that the spirit of nursing—rooted in compassion, dedication, and excellence—remains a guiding force in healthcare.

Mr. Anand Isaac Aruldoss
Assistant Professor

THE IMPACT OF TECHNOLOGY ON NURSING PRACTICE AND THE PROFESSION



The impact of technology on nursing practice and the profession as a whole has been profound and multifaceted. Here are several key areas where technology has influenced nursing:

1. Electronic Health Records (EHRs):

- Improved Documentation and Accessibility: EHRs streamline patient information management, allowing nurses to access and update patient records in real time.
- Enhanced Communication: EHRs facilitate better communication among healthcare providers, leading to improved coordinated care and reduced errors.
- Data Analytics: Nurses can analyse patient data trends, which aids in decision-making and tracking outcomes.

2. Telehealth:

- Increased Accessibility: Telehealth has made it easier for patients to connect with healthcare providers, particularly in remote areas or for those with mobility challenges.
- Patient Monitoring: Through telehealth technologies, nurses can monitor patients' vital signs and health status remotely, improving care management especially for chronic conditions.
- Education and Support: Nurses can provide education and support to patients through digital platforms, extending their reach beyond traditional settings.

3. Mobile Health Applications:

- Patient Engagement: Mobile apps allow patients to take an active role in their health, track medications, and manage appointments.
- Clinical Decision Support: Nurses can use clinical apps for quick reference to guidelines, drug interactions, and best practices at the point of care.

4. Robotic Assistance:

- Increased Efficiency: Robotic systems can assist in tasks such as lifting and transferring patients, reducing physical strain on nurses and minimizing the risk of injury.
- Medication Administration: Automated dispensing systems can enhance accuracy in medication delivery.

5. Simulation and Training Technologies:

- Enhanced Education: High-fidelity simulations and virtual reality can provide nursing students with hands-on experience without risking patient safety.

- Continuous Professional Development: Online courses and training modules allow practicing nurses to upskill and stay current with advancements in healthcare.

6. Artificial Intelligence (AI) and Machine Learning:

- Predictive Analytics: AI can analyse patient data to predict outcomes, enabling proactive care strategies.
- Workflow Optimization: AI technologies can help in scheduling, resource management, and streamlining workflows, allowing nurses to focus more on patient care.

7. Wearable Technology:

- Real-Time Monitoring: Wearable devices can monitor vital signs and other health metrics, giving nurses immediate data to assess patient conditions.
- Encouraging Patient Responsibility: Wearables promote self-monitoring and engagement in health management among patients.

8. Interdisciplinary Collaboration:

- Improved Teamwork: Technology enhances communication across disciplines, allowing for collaborative care approaches that benefit patient outcomes.

9. Challenges and Considerations:

- Training and Adaptation: The rapid pace of technological advancement requires continuous training and adaptation for nurses.
- Data Security and Privacy: The use of technology raises concerns about patient privacy and the security of sensitive health information.
- Dependence on Technology: Increased reliance on technology can lead to potential skill degradation among nurses if they become overly dependent on devices and software.

Overall, technology in nursing practice has the potential to improve patient care quality, enhance operational efficiency, and empower both nurses and patients. However, it is essential to balance technological integration with the core values of nursing, including compassion and patient-centered care.

Mr. P. Bharath Kumar,
Tutor, Dept Of Mental Health Nursing.



Come let's know Key Developments: **In Obstetrical Nursing**

Prof. B Mahalakshmi
Dept of OBG Nursing

Midwifery-Led Care Units

(MLCUs) are a game-changer in India's healthcare system, aiming to provide high-quality, dignified, and respectful care to women and newborns. These units are part of the government's initiative to establish a cadre of professional midwives, educated according to International Confederation of Midwives (ICM) standards

Key Features of MLCUs:

- **Midwife-Led Care:** MLCUs are led by Nurse Practitioners in Midwifery (NPMs), who are the first point of contact for pregnant women and new mothers.
- **Comprehensive Care:** MLCUs provide antenatal, labor, birth, and postnatal care to healthy pregnant women and newborns.
- **Community-Based:** MLCUs are established in public health facilities and serve as clinical practice sites for NPM learners.
- **Evidence-Based Practice:** MLCUs follow the midwifery model of care, which is a high-certainty, evidence-based strategy to improve maternity care.

The Indian government has established national midwifery training institutes and plans to educate 90,000 midwives to work in MLCUs. This initiative aims to transform maternity care in India and improve maternal and newborn outcomes.

Virtual reality (VR) shows promise as a non-pharmacological pain management tool during labor and delivery, with studies suggesting it can reduce pain, anxiety, and potentially the need for IV pain medication, while also improving overall childbirth satisfaction.

Potential benefits and Research:

Pain Reduction:

VR can act as a distraction technique, helping women escape the medicalized environment and focus on the virtual experience, potentially leading to reduced pain perception.

Anxiety Reduction:

VR can create a sense of calm and relaxation, helping to manage anxiety during labor.

Improved Satisfaction:

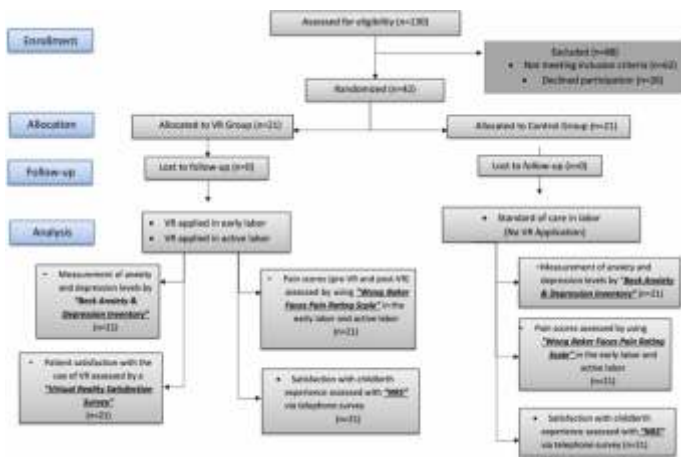
Women who have used VR during labor have reported a more positive and satisfying experience overall.

Reduced Need for Pain Medication:

By offering an effective non-pharmacological pain relief option, VR could potentially lead to a decrease in the use of IV pain medication.

Examples of VR Applications:

- **Interactive VR games:** Engaging games can distract women from the pain and help them relax.



- **Guided meditation:** VR can facilitate guided meditation to promote relaxation and pain management.
- **Virtual environments:** VR can transport women to relaxing virtual environments, like a beach or a forest, to help them feel calm and comfortable.

Research Findings:

- Several studies have shown that VR interventions are effective in reducing pain, anxiety, and the duration of labor.
- A study also concluded that virtual reality application during the active phase of the first stage of labor significantly reduced labor pain intensity and anxiety level as well as decreased duration of the active phase of the first stage of labor.

Future Directions:

- More research is needed to further explore the effectiveness and optimal use of VR in labor and delivery.
- Future studies should focus on larger sample sizes and standardized protocols.
- VR technology can be further developed to create more immersive and personalized experiences for women in labor.



Vaginal seeding, also known as vaginal microbiome transfer, is a process where a newborn baby is exposed to the vaginal microbiome of the mother during birth. This exposure is believed to help seed the baby's gut with beneficial microbes, which can have a positive impact on their health and development.

Benefits of Vaginal Seeding

1. **Boosts immune system:** Exposure to the vaginal microbiome can help stimulate the baby's immune system and reduce the risk of allergies and autoimmune diseases.
2. **Promotes gut health:** Vaginal seeding can help establish a healthy balance of gut bacteria, which is essential for digestion, nutrient absorption, and overall health.
3. **May reduce risk of diseases:** Research suggests that vaginal seeding may reduce the risk of diseases such as asthma, obesity, and type 1 diabetes.
4. **Supports brain development:** The vaginal microbiome contains microbes that produce neurotransmitters and hormones that can support brain development and function.

How Vaginal Seeding Works

1. **Natural exposure:** During a vaginal delivery, the baby is naturally exposed to the vaginal microbiome as they pass through the birth canal.
2. **Artificial exposure:** For babies born via caesarean section (C-section), a cotton swab or gauze can be used to collect vaginal fluids from the mother and then applied to the baby's mouth, nose, or skin.

Important Considerations

- **Safety:** Vaginal seeding is generally considered safe, but it's essential to discuss any concerns with a healthcare provider.
- **Mother's health:** Women with certain medical conditions, such as HIV or active genital herpes, may not be eligible for vaginal seeding.

Research:

While research suggests benefits, more studies are needed to fully understand the effects of vaginal seeding.

It's essential for expectant mothers to discuss vaginal seeding with their healthcare provider to determine if it's a suitable option for them.



The Meaning of Life

Working in a hospital has been a journey through life's most profound lessons—one that has transformed my perspective on health, happiness, and human resilience.

I have witnessed the true value of health in the eyes of patients whose only wish is to feel whole again. I have seen how fragile life can be, teetering on the edge of uncertainty, where every decision holds immense weight. I have realized how fortunate we are to move freely, while so many silently yearn for that very ability.

In a child's innocent smile, I have found strength and joy. Their laughter has the power to brighten even the darkest hour, a reminder of life's simple pleasures. Within the quiet hospital walls, where machines beep and ventilators hum, I have seen the stark reality of existence. It has made me appreciate the privilege of living without reliance on medicine or machines.

In moments of urgency, where time slips through trembling hands, I have felt the gravity of every passing second. In the sterile room where scalpels meet hope, I have witnessed how a single incision can either save a life or take it away. In spaces that heal the mind, I have learned that true healing begins with inner peace—it is the foundation of a healthy body.

Every moment in the hospital has deepened my appreciation for the beauty and fragility of life.

Ms. Sanjana Phuyal
V Semester B.Sc. Nursing



RECLAMATION as a Traumatized Girl

She was just eight years old.

So was he.

How could an eight-year-old boy do this to a girl?

Was it her fate? His sin? Or his parents' fault?

It's still unclear—who is truly to blame?

But one thing is certain:

An innocent girl was assaulted,

Her world shattered,

Her soul scarred.

(Forever?)

She is still not the person she wants to be.

She is a shadow in the dark,

Trembling and afraid,

Constantly seeking escape.

She carries a wounded heart

And rainy-day eyes.

Her dreams whisper sadness,

And life feels like an endless battle.

As a Survivor Woman

I am a voice for those who cannot speak.

For those who have been abused, I say:

"Hey, girls, it's not your fault.

Breathe. Everything will be okay.

Just breathe and set your spirit free.

You were never meant to live in darkness.

You were born to light the world with your spark."

She was overwhelmed,

But she found her strength.

She saved herself.

For the Perpetrators

"You exist only as long as she remains silent.

But once she finds her voice,

Your power will crumble,

And your control will break."

For twelve long years,

Her voice was buried.

But now she speaks.

And now, you face the darkness.

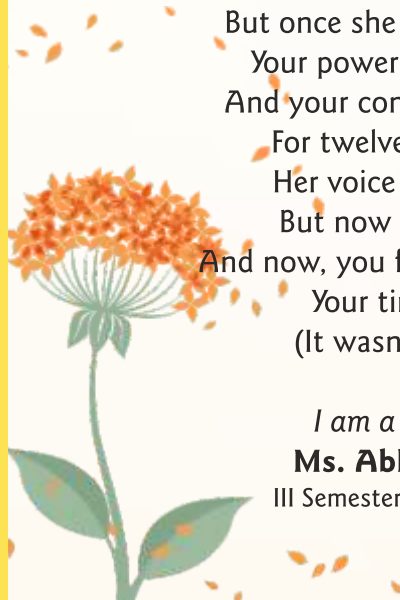
Your time is up.

(It wasn't forever.)

I am a survivor.

Ms. Abhija Sanal

III Semester B.Sc. Nursing



We don't need to come out of Our SHELL

Many introverts have repeatedly heard the phrase, **“Come out of your shell.”** It's something we've grown accustomed to, yet it can be incredibly frustrating. So, in the spirit of camaraderie, I'd like to share a few reasons why we don't need to do so.

What Does It Mean to Our Peers?

When people tell us to “come out of our shell,” they often believe they are doing us a favour. To them, it implies that we are trapped in a self-imposed prison and that they are helping us break free. However, this assumption couldn't be further from the truth.

Shell vs. Prison

Contrary to popular belief, our shell is not a form of confinement. Prisons are designed to punish, but our shells serve as a protective space—one that nurtures our well-being rather than restricting it.

A Portable Home

For introverts, our shell is like a lightweight, portable home—one that provides comfort and shields us from burnout. We carry it with us wherever we go, using it as a retreat when the world becomes overwhelming. Extroverts may struggle to understand this, but when we create space for ourselves, it's not about isolation; it's about maintaining balance between our inner world and external surroundings.

A Built-In Friend Finder

Our shell also acts as a filter, helping us distinguish genuine friends from mere acquaintances. The people who repeatedly tell us to “come out of our shell” often don't truly understand or respect our nature. In contrast, true friends accept us as we are. In fact, our shell expands when we're with those we love and trust, creating a sense of ease and connection rather than exclusion.

The Right Motivation Matters

When someone urges us to step out of our shell, it's often for their own peace of mind rather than our benefit. They might believe they're encouraging us to “have fun,” but the deeper reason is that they are dependent on our participation for their own happiness. If we change ourselves to make them feel better, we act out of guilt rather than genuine desire, which only leads to resentment.

Conviction Over Guilt

At the end of the day, what truly matters is that we live by our own convictions, not by guilt. We don't need to force ourselves into a mold that doesn't fit just to appease others. Our shell is not a weakness—it is our strength, our sanctuary, and an essential part of who we are.

So no, we don't need to come out of our shell. And that's perfectly okay.

Mrs. Manipadavu Shruti
Assistant Professor



BREAKING the WORDS



*Raise not your voice;
Let silence prevail.
The life you lead
Is not fate but your trail.
Release your treasures,
Be humble, be kind.
Let your words breathe—
Gentle and light,
Like wind through leaves
And the hush of night.
Don't reply; just listen close,
For that's what good girls
Do the most.
In silence, they find grace,
Nodding softly, holding space.*

**But who makes the rules?
Who writes our story?
Who decides
What good girls should be?
Why must we be silent,
Our hearts kept stoic?
Why must we whisper at night
And bear our burdens quietly?
What's wrong with speaking out,
Letting our spirits
Soar as high as the sky?**

*Break the shackles,
Rise to freedom.
Tear down the walls,
Shatter the chains.
No longer held in the dark
Like a bird with clipped wings,
Longing to soar.
Let's merge with the wind,
Let's embrace the sky—
For this world, too,
Is ours to hold.*

Ms. Reshmi S
III Semester B.Sc. Nursing

The Tapestry of Existence: *Life and Death*

There is an intriguing allure surrounding the concept of death. The mere contemplation of our mortality—the thought that our lives could end tomorrow—engulfs us with a profound sense of urgency to cherish the present moment. Yet, the pivotal question remains: how many of us genuinely take the time to appreciate the richness of our experiences?

I recall an encounter with my father that left me momentarily speechless. He posed a series of thought-provoking questions that I struggled to answer: **Have you truly experienced pain? Have you felt sadness? Have you known hunger?** These questions transcend the theoretical and the philosophical, urging us to confront the undefined aspects of our existence. They invite us to reflect on the depth of our experiences and the transient nature of life itself.

Life is an intricate tapestry woven with moments of survival, each individual navigating their own challenges. We find ourselves constantly hurdling obstacles, confronting our inner demons, and seeking meaning in our journey. A poignant quote that resonates deeply with me states, **"Death may give you a second chance because life never will. And death will give you a second chance; it's called life."** This profound reflection invites us to consider the delicate interplay between existence and the inevitable conclusion we all must face.

By acknowledging the impermanence of life, we shift from a mindset of taking our experiences for granted to one of deep appreciation. Although death often evokes fear, it should not be seen as an end; rather, it represents a transition—whether spiritual, cyclical, or a return to the natural world.

Gratitude serves as the bridge that connects us to both the joys of existence and the wisdom imparted by death. In recognizing the fleeting nature of our experiences, we cultivate a mindset that enriches our journey. Let us, then, approach life with reverence and appreciation, fully engaging in the present moment—knowing that it is both a gift and a fleeting opportunity.

Ms. Merin Elza Suju John

III Semester B.Sc. Nursing



Away from the hustle and bright city lights,
On a distant hill, far removed,
Surrounded by untamed wilderness,
Stood a house—forgotten, forlorn.
Cracked windows,
An eerie breeze drifting in.
Rusty hinges,
Creaking doors.
Ancient wood,
Whispering beneath unseen steps.
Dust-covered furniture,
Cobwebs draped like veils.
Not a single soul dared to enter.
In this desolate place,
Abandoned by the living,
Stood a lonely home.

The Lonely HOME

Mr. Maaz Khan

III Semester B.Sc. Nursing

From COMPASSION to PROFESSION: THE ORIGIN OF NURSING



Florence Nightingale



Clara Barton



Virginia Henderson

Nursing has existed in some form since ancient times, as people have always needed care when sick or injured. It is a profession built on **compassion, resilience, and dedication**, with a history shaped by remarkable individuals who revolutionized healthcare. Over the centuries, nursing evolved from informal care giving into a well-structured and respected profession, deeply rooted in science and humanitarian service.

The Early Foundations of Nursing

In ancient civilizations, healing and care giving were primarily carried out by **family members, religious groups, and traditional healers**. Early records from **Egypt, India, and China** indicate that caregivers played a crucial role in tending to the sick and injured. **Hippocrates, known as the "Father of Medicine,"** emphasized the importance of **systematic observation, hygiene, and ethical care**, laying the foundation for medical and nursing practices.

During the **Middle Ages**, hospitals were often run by **nuns and monks**, who provided care as part of their religious duties. These institutions, though rudimentary, offered shelter and treatment for the ill, paving the way for organized healthcare.

Florence Nightingale and the Birth of Modern Nursing

The **Crimean War (1853–1856)** marked a turning point in the history of nursing. **Florence Nightingale, known as the "Lady with the Lamp,"** transformed the field by **introducing sanitation measures, improving patient care, and emphasizing the importance of trained nurses**. Her efforts drastically reduced mortality rates in war hospitals and set new standards for healthcare.

Despite strong opposition from her family and societal norms, Nightingale remained steadfast in her mission. Her contributions led to the establishment of **the first**

formal nursing school—the Nightingale Training School at St. Thomas' Hospital in London (1860). This initiative laid the groundwork for professional nursing education and inspired generations of nurses worldwide.

The Growth of Nursing as a Profession

The impact of **Florence Nightingale, Clara Barton (founder of the American Red Cross), and Virginia Henderson (who defined modern nursing theory)** extended far beyond their time. Their dedication helped establish **nursing as a science-based profession**, integrating medical knowledge, patient care, and ethical responsibilities.

By the **20th and 21st centuries**, nursing had evolved into a **global profession with specialized fields**, including **critical care, paediatrics, oncology, and mental health nursing**. Advancements in medical technology, education, and research have further enhanced the role of nurses as **essential pillars of healthcare systems worldwide**.

The Legacy of Nursing

Nightingale's legacy continues to inspire the nursing profession today. Her famous words, **"Nursing is not just a job, but a mission of care and service,"** remain relevant, reminding us that nursing is more than a career—it is a **calling to heal, comfort, and serve humanity**.

As nursing continues to evolve, one thing remains constant: the **unwavering commitment of nurses** to providing compassionate, skilled, and life-saving care. Their role is not just essential in hospitals and clinics but in homes, communities, and disaster-stricken areas, making nursing one of the most noble and impactful professions in the world.

Ms. Ananya Siby

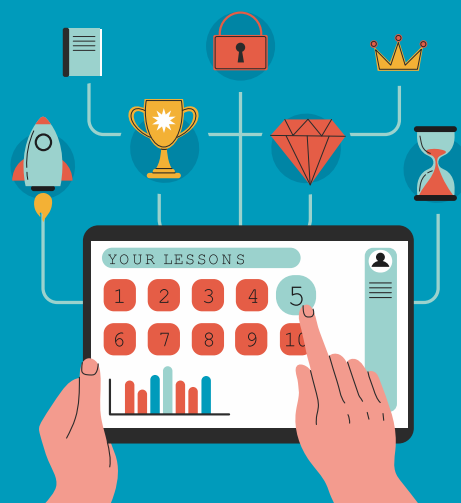
V Semester B.Sc. Nursing

INNOVATIVE TEACHING METHODS IN NURSING

The influences of a good teacher can never be erased
- Unknown

In today's digital era, technology has transformed teaching and education methods. Teachers' creativity is at the heart of this revolution, and they are leveraging new technologies and methods to make education more engaging, accessible and practical. Each student is unique and has a diverse style of Learning. Innovative Teaching enhances students' critical thinking, promotes active Learning, improves knowledge retention and actively builds confidence. Today's world is rapidly evolving in every aspect. Education must keep pace with technological advances and diverse learning styles to meet individual and societal needs.

Here, we have some innovative teaching methods that can be adopted in nursing.



3 PERSONALIZED LEARNING

Personalized Learning is tailored to meet students' unique needs based on their abilities and interests. The Principles Followed in Personalized Learning are Student-centred Learning, which is focused on the individual students' needs and goals, Flexible Pacing—Students learn at their own pace, free of competition and fear of being left behind. This principle emphasizes Multiple Learning Pathways, providing students with choices such as, project-based learning, hands-on activities for their Learning.

Benefits:

- Improved student engagement
- Increased academic achievement
- Better preparation for future career.

1 FLIPPED CLASSROOM

The flipped classroom method is the reversed method of Teaching, where students learn the new content at home through videos, reading class content, and online material prior to the lecture and use classroom time for discussion on the topic learned at home, which is merely the reverse method of learning in the class doing exercises at home, by this method the students involved in interactive activities, and discussion. It has two phases, pre-classroom Learning, which takes place at home, and active Learning in the classroom by applying the concepts, group work, and discussion of case studies in the classroom. The teacher's role is as facilitator or guide, offering support, clarification and deeper explanation on the topic as students practice.

Benefits:

- Active participation of students
- More classroom interaction
- Students learn at their own pace before class.

2 PROJECT BASED LEARNING

Project-based Learning is an instructional approach in which students actively explore real-world problems and challenges by working on projects over an extended period. Unlike traditional methods that often focus on memorization and passive Learning, Project-based Learning encourages students to engage deeply with content, apply knowledge in practical ways, and develop critical thinking and collaboration skills. It shifts the focus from teacher-led instruction to student-centred Learning, where learners take ownership of their projects, fostering a deeper understanding of the subject matter and developing essential life skills.

Benefits:

- Increased student engagement
- Better classroom management
- Positive impact on student learning.

4 AUGMENTED REALITY

Augmented Reality (AR) is a technology that overlays digital content—such as images, information, or 3D objects—into the real world through devices like smartphones, tablets, or AR glasses. (3 D Anti Reflective Coating Smart Glasses) AR can find its uses in Visualizing anatomy in 3D for students and assisting surgeons with overlays during procedures or training simulations. When considering implementing augmented reality in nursing education, it's important to identify the most effective tools and platforms available.

Benefits:

- Active participation
- Enhances learning experiences
- Increase confidence

5 SIMULATION BASED LEARNING

Simulation-based Learning is a teaching method that uses realistic, immersive scenarios to replicate real-world situations. This allows learners to practice skills and knowledge in a safe, controlled environment. This approach enhances skill development and decision-making and reduces the risk to patients, providing nursing students with a sense of security and preparedness.

Benefits:

- Enhance skill development
- Improve decision making
- Reduces errors in real-world.



6 AI in TEACHING

AI is rapidly expanding and transforming education in several impactful ways, like personalized Learning tailored to the student's pace and guiding students' Learning. Through problem-solving assistance, it provides learning materials like quizzes and visual aids so that students can track their Learning and gives instant results and answers to students' queries.

Benefits:

- Personalized Learning
- 24x7 student support for Learning
- Improve engagement.

7 GAMIFICATION

It is another innovative approach that is making learning more enjoyable and interactive. Teachers can motivate students to learn and retain information more effectively by incorporating game design elements into educational content.

Benefits:

- Increased participation
- Develop problem-solving skills
- Support personal development

8 CLOUD TECHNOLOGY

Cloud technology is also revolutionizing education. By storing and sharing information in the cloud, students and teachers can access learning materials from anywhere on any device connected to the Internet.

Benefits:

- Accessibility anywhere
- Cost-effective
- Flexible Learning.

Conclusion:

Innovative Teaching is not just reshaping but preparing students for a future where adaptability and creativity are "key. Education is undergoing remarkable transformations, and traditional methods are giving way to dynamic, creative approaches that engage students in new and meaningful ways. Innovation is way beyond technology. It is about inspiring, fostering critical thinking and adapting to the needs of every learner. Thus, Innovation in Teaching is no longer optional.

- Department of Medical - Surgical Nursing

Whispers of the Unknown

Ms. Theresa Abraham
V Semester B.Sc. Nursing

On a cold winter night, after a long and exhausting day at work, Helena laid her head on the pillow, but sleep did not come easily. As soon as she closed her eyes, the sharp reprimands of her superior echoed in her mind, relentless and unforgiving. The thoughts churned for what felt like an eternity until, finally, exhaustion pulled her into slumber.

A sudden chill startled her awake—the sound of dripping water and the icy sensation of droplets falling onto her face sent a shiver down her spine. Water? How could that be? Had the tenants upstairs broken a pipe? What an inconvenience, she thought, sighing in frustration.



But as she opened her eyes, confusion gripped her. She was no longer in her familiar pastel-coloured bedroom. Instead, she found herself in a dimly lit, wood-panelled cabin, the air thick with the scent of pine and damp earth.

Disoriented, Helena sat up, her gaze darting around the unfamiliar room. Instinctively, she reached for her phone, only to find it dead. The silence pressed in on her, broken only by the steady ticking of a grandfather clock in the corner. Her pulse quickened as she clenched her fists and cautiously made her way toward the broken door.

Just as she approached, the door creaked open on its own, revealing an old woman standing in the threshold. Her gaze was deep and knowing, as if she carried the weight of centuries in her eyes.

"You have come," the woman said, her voice barely more than a whisper on the wind. "The time has come for you to discover your true purpose."

And so, Helena's journey began—a journey into a world she had never known, where the line between reality and dreams blurred, and where the answers she had long sought lay hidden, waiting to be uncovered.

She opened her eyes.

The Journey of Nursing Students

The journey begins with a single stride,
A dream to heal, with hearts open wide.
Through sleepless nights and endless days,
Nursing students find their way.

They walk this path with hands held high,
With every lesson, they learn to try.
Textbooks thick and hands that shake,
Yet they press on—for lives are at stake.



From syringes sharp to bandages neat,
Every touch makes care complete.
The struggles are many, the road is tough,
Yet their hearts are strong, their spirit enough.

The hours are long, the shifts are tight,
But within their souls, they hold the light.
For every life they touch with grace,
They know they've found their rightful place.

Through trials and triumphs, they carry on,
With strength unwavering, hearts so strong.
Step by step, they learn and grow—
The healers of tomorrow, with a steady glow.

Ms. Eshita Munshi
Final year B.Sc. Nursing



The Transformative Power of ORGAN DONATION



Organ donation is a profound act of altruism that offers individuals suffering from organ failure a second chance at life. The ability to save multiple lives—even beyond one's own mortality—makes it one of the most impactful contributions to modern medicine. However, despite its significance, widespread misconceptions continue to deter many from becoming donors. Understanding the importance of organ donation and dispelling common myths can pave the way for a more informed and compassionate society.

The Growing Need for Organ Donors

Organ failure, resulting from diseases, accidents, or genetic conditions, affects millions of people globally. The demand for life-saving transplants far exceeds the supply of available organs, leaving countless individuals on waiting lists with uncertain futures.

- In many countries, organ shortages have led to prolonged wait times, often with fatal consequences.
- A single organ donor has the potential to save up to **eight lives** and enhance the well-being of many more through tissue donation.
- Increased awareness and participation in organ donation programs are essential to bridging this critical gap.

Dispelling Myths

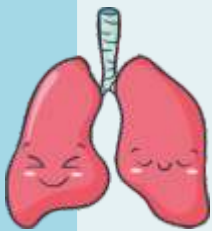
Surrounding Organ Donation

Despite its life-saving potential, organ donation is often misunderstood. Addressing prevalent myths can encourage more individuals to make informed decisions:



MYTHS

“Doctors will not try to save my life if I am a registered donor.”



“My religion prohibits organ donation.”

“I am too old or unhealthy to be a donor.”

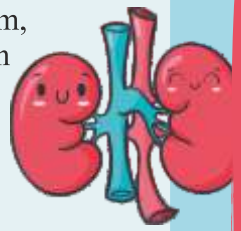


FACTS

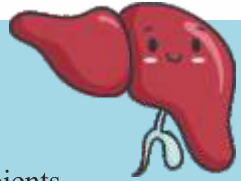
Medical professionals prioritize patient survival. Organ donation is only considered after death has been officially declared following strict medical protocols.

Most major religions, including Christianity, Islam, Hinduism, and Buddhism, support organ donation as an act of compassion and service to humanity.

Age and medical history do not automatically disqualify a person from donation. Each case is evaluated individually at the time of death.



The Impact of Organ Donation



- 1. Saving Lives:** Each donor has the potential to significantly improve or extend the lives of multiple recipients.
- 2. Enhancing Quality of Life:** Corneal transplants restore sight, while tissue donations aid burns and trauma victims in recovery.
- 3. Advancing Medical Science:** Non trans-plantable organs contribute to vital medical research, fostering innovation in disease treatment and surgical techniques.

Organs and Tissues Eligible for Donation

DECEASED DONATION: Organs: Heart, Lungs, Kidneys, Liver, Pancreas, and Intestines.
Tissues: Corneas (Restoring Vision), Skin (for burn victims), Bones, Heart Valves, and Blood Vessels.

LIVING DONATION: Living donors can contribute **a kidney, a portion of the liver, lung, or pancreas**, as well as **bone marrow**, offering patients a renewed opportunity for survival.

Becoming an Organ Donor: A Simple yet Life-Changing Decision

- 1 Register with a national or regional organ donation program.
- 2 Inform your family about your decision to ensure your wishes are honoured.
- 3 Carry a donor card or indicate your donor status on official identification, such as a driver's license.

A Legacy of Compassion and Hope: Organ donation is a testament to human kindness, transforming loss into hope and giving individuals a renewed chance at life. By choosing to become a donor, one can leave behind a legacy of **compassion, generosity, and medical advancement**—ensuring that even in death, life continues.

Ms. Mannya M Nair
Final year B.Sc. Nursing

ಶೈಕ್ಷಣಿಕ ಮತ್ತು ವೈಯಕ್ತಿಕ ಯಶಸ್ಸಿಗೆ ನಿಮ್ಮ ವೈಯಕ್ತಿಕವಿವರ ನಿರೂಪಣೆಯನ್ನು ರಚಿಸುವ ಹಂತಗಳು



ಹಂತ 1: ನಿಮ್ಮ ಪ್ರಮುಖ ಮೌಲ್ಯಗಳನ್ನು ವಿವರಿಸಿ

ನಿಮ್ಮ ಕಥೆಯನ್ನು ಬರೆಯಲು ಪ್ರಾರಂಭಿಸುವ ಮೊದಲು, ನಿಮ್ಮನ್ನು ಪ್ರೇರೇಪಿಸುವ ಅಂಶವನ್ನು ಅರ್ಥಮಾಡಿಕೊಳ್ಳುವುದು ಅತ್ಯಗತ್ಯ. ಈ ಮೌಲ್ಯಗಳು ನಿಮ್ಮ ನಿರೂಪಣೆಯ ಮಾರ್ಗದರ್ಶಿ ತತ್ವಗಳಾಗಿವೆ, ನೀವು ಮಾಡುವ ನಿರ್ಧಾರಗಳ ಮೇಲೆ ಮತ್ತು ನೀವು ಸವಾಲುಗಳನ್ನು ಹೇಗೆ ನಿರ್ವಹಿಸುತ್ತೀರಿ ಎನ್ನುವುದರ ಮೇಲೆ ಪ್ರಭಾವ ಬೀರುತ್ತವೆ. ಕೆಲವರಿಗೆ, ಇದು ಬೌದ್ಧಿಕ ಕುತೂಹಲಕ್ಕೆ ಬದ್ಧವಾಗಿರಬಹುದು. ಆದರೆ ಇತರರಿಗೆ, ಸಹಾಯ ಮಾಡಲು, ಸೃಜನಶೀಲತೆಯನ್ನು ಮುಂದುವರಿಸಲು ಅಥವಾ ಸಹಯೋಗವನ್ನು ಬೆಳೆಸಲು ಆಳವಾದ ಬಯಕೆಯಾಗಿರಬಹುದು.

ಹಂತ 2 :ಸೃಷ್ಟವಾದ ಮತ್ತು ಸಾಧಿಸಬಹುದಾದ ಗುರಿಗಳನ್ನು ಹೊಂದಿಸಿ

ಗುರಿಗಳನ್ನು ನಿಗದಿಪಡಿಸುವುದು ಎಂದರೆ ಸಾಧಿಸಬೇಕಾದ ವಿಷಯಗಳ ಪಟ್ಟಿಯನ್ನು ಬರೆಯುವುದಲ್ಲ. ಇದು ಪ್ರತಿಯೊಂದು ಗುರಿಯನ್ನು ನಿಮ್ಮ ದೊಡ್ಡ ಜೀವನ ಕಥೆಗೆ ಸಂಪರ್ಕಿಸುವ, ಅರ್ಥಪೂರ್ಣ ಮತ್ತು ಉದ್ದೇಶಪೂರ್ವಕವೆಂದು ಭಾವಿಸುವ ಮಾರ್ಗಸೂಚಿಯನ್ನು ರಚಿಸುವುದು. ನಿಮ್ಮ ದೊಡ್ಡ ಕನಸುಗಳನ್ನು ಚಿಕ್ಕದಾದ ಮೈಲಿಗಲ್ಲುಗಳಾಗಿ ವಿಭಜಿಸಿ, ಹೆಚ್ಚು ಸಾಧಿಸಬಹುದಾದ ಮತ್ತು ನೀವು ನಿರ್ಮಿಸಲು ಬಯಸುವ ನಿರೂಪಣೆಯೊಂದಿಗೆ ಅವುಗಳನ್ನು ಹೊಂದಿಸಿ.

ಹಂತ 3:ನಿಮ್ಮ ಸಾಮರ್ಥ್ಯಗಳನ್ನು ಕ್ಷೀಕರಿಸಿ ಮತ್ತು ನಿಮ್ಮ ಸವಾಲುಗಳನ್ನು ಒಪ್ಪಿಕೊಳ್ಳಿ

ಪ್ರತಿಯೊಂದು ಶ್ರೇಷ್ಠ ನಿರೂಪಣೆಯೂ ವಿಜಯೋತ್ಸವ ಮತ್ತು ಹೋರಾಟದ ಕ್ಷಣಗಳನ್ನು ಒಳಗೊಂಡಿದೆ. ನಿಮ್ಮ ವೈಯಕ್ತಿಕಗೊಳಿಸಿದ ನಿರೂಪಣೆಯನ್ನು ಬರೆಯುವಾಗ, ನಿಮ್ಮ ಸಾಮರ್ಥ್ಯಗಳು ಮತ್ತು ಬೆಳವಣಿಗೆಯ ಕ್ಷೇತ್ರಗಳನ್ನು ಗುರುತಿಸುವುದು ಬಹಳ ಮುಖ್ಯ. ನಿಮ್ಮ ಸಾಮರ್ಥ್ಯಗಳನ್ನು ಗುರುತಿಸುವುದರಿಂದ ಅವುಗಳನ್ನು ನಿಮ್ಮ ಪ್ರಯಾಣದಲ್ಲಿ ಬಳಸಿಕೊಳ್ಳಲು ಸಾಧ್ಯವಾಗುತ್ತದೆ, ಆದರೆ ನಿಮ್ಮ ದೌರ್ಬಲ್ಯಗಳನ್ನು ಅರ್ಥಮಾಡಿಕೊಳ್ಳುವುದರಿಂದ ನಿಮಗೆ ಸುಧಾರಿಸಲು ಮತ್ತು ಬೆಳೆಯಲು ಅವಕಾಶ ಸಿಗುತ್ತದೆ. ಸವಾಲುಗಳಿಂದ ದೂರ ಸರಿಯುವ ಬದಲು, ಅವುಗಳನ್ನು ನಿಮ್ಮ ಕೌಶಲ್ಯಗಳನ್ನು ಪರಿಷ್ಕರಿಸಲು, ನಿಮ್ಮ ಸಾಮರ್ಥ್ಯಗಳನ್ನು ವಿಸ್ತರಿಸಲು ಮತ್ತು ನಿಮ್ಮ ಬಗ್ಗೆ ಇನ್ನಷ್ಟು ತಿಳಿದುಕೊಳ್ಳಲು ಅವಕಾಶಗಳಾಗಿ ಸಂಪರ್ಕಿಸಿ.

ಹಂತ 4: ನಿಮ್ಮ ಪ್ರಗತಿಯನ್ನು ದಾಖಲಿಸಲು ಡಿಜಿಟಲ್ ಪರಿಕರಗಳನ್ನು ಬಳಸಿಕೊಳ್ಳಿ.

ತಂತ್ರಜ್ಞಾನ ಯುಗದಲ್ಲಿ, ನಮ್ಮ ಪ್ರಯಾಣವನ್ನು ದಾಖಲಿಸಲು ನಮಗೆ ಎಂದಿಗಿಂತಲೂ ಹೆಚ್ಚಿನ ಮಾರ್ಗಗಳಿವೆ. ಡಿಜಿಟಲ್ ಪತ್ರಿಕೆ ಮತ್ತು ಶೈಕ್ಷಣಿಕ ಬ್ಲಾಗ್‌ಗಳಿಂದ ಹಿಡಿದು ಆಂಕ್ವಿಡನ್ ಮತ್ತು ಇನ್ಸೈನ್ ಗ್ರಾಮ್‌ಂತಹ ಸಾಮಾಜಿಕ ಮಾಧ್ಯಮ ವೇದಿಕೆಗಳವರೆಗೆ, ತಂತ್ರಜ್ಞಾನವು ನಿಮ್ಮ ಶೈಕ್ಷಣಿಕ ಮೈಲಿಗಲ್ಲುಗಳನ್ನು ದಾರಿ ಮಾಡಲು, ವೈಯಕ್ತಿಕ ಸಾಧನೆಗಳನ್ನು ದಾಖಲಿಸಲು ಮತ್ತು ನೈಜ ಸಮಯದಲ್ಲಿ ನಿಮ್ಮ ಬೆಳವಣಿಗೆಯನ್ನು ಪ್ರತಿಬಿಂಬಿಸಲು ನಿಮಗೆ ಅನುಮತಿಸುತ್ತದೆ. ಈ ಡಿಜಿಟಲ್ ಕ್ರಾನಿಕಲ್‌ಗಳು ನಿಮ್ಮ ಅನುಭವಗಳನ್ನು ಸಂರಕ್ಷಿಸಲು ಮಾತ್ರವಲ್ಲದೆ ನಿಮ್ಮ ದೀರ್ಘಕಾಲೀನ ಗುರಿಗಳ ಬಗ್ಗೆ ಸ್ಪಷ್ಟತೆಯನ್ನು ಪಡೆಯಲು ಸಹಾಯ ಮಾಡುತ್ತದೆ.

ಹಂತ 5: ಕಥಾವಸ್ತುವಿನ ತಿರುವುಗಳಂತೆ ವೈಫಲ್ಯಗಳನ್ನು ಮರುಹೊಂದಿಸಿ

ಯಾವುದೇ ಶ್ರೇಷ್ಠ ನಿರೂಪಣೆಯಲ್ಲಿ, ಪ್ರತಿಕೂಲ ಕ್ಷಣಗಳಿವೆ. ಈ ಸವಾಲುಗಳನ್ನು ನೀವು ಹೇಗೆ ನಿಭಾಯಿಸುತ್ತೀರಿ ಮತ್ತು ಅವುಗಳನ್ನು ಅವಕಾಶಗಳಾಗಿ ಪರಿವರ್ತಿಸುತ್ತೀರಿ ಎಂಬುದು ಯಶಸ್ಸಿನ ಕೀಲಿಯಾಗಿದೆ. ಹಿನ್ನೆಡೆ ಅಥವಾ ವೈಫಲ್ಯಗಳನ್ನು ಅಂತ್ಯದ ಹಂತಗಳಾಗಿ ನೋಡುವ ಬದಲು, ಅವುಗಳನ್ನು ಅಂತಿಮವಾಗಿ ಬೆಳವಣಿಗೆಗೆ ಕಾರಣವಾಗುವ "ಕಥಾವಸ್ತುವಿನ ತಿರುವುಗಳು" ಎಂದು ನೋಡಿ. ಪ್ರತಿಯೊಂದು ವೈಫಲ್ಯವು ಒಂದು ಪಾಠ, ನಿಮ್ಮ ನಿರೂಪಣೆಯಲ್ಲಿ ಹೊಸ ಅಧ್ಯಾಯವಾಗಿದ್ದು ಅದು ಸ್ಥಿತಿಸ್ಥಾಪಕತ್ವವನ್ನು ನಿರ್ಮಿಸುತ್ತದೆ, ಪರಿಶ್ರಮವನ್ನು ಕಲಿಸುತ್ತದೆ ಮತ್ತು ಮುಂದುವರಿಯಲು ಯಶಸ್ವಿಯಾಗಲು ನಿಮಗೆ ಸಾಧನಗಳನ್ನು ಒದಗಿಸುತ್ತದೆ.

ಹಂತ 6: ನಿಮ್ಮ ಯಶಸ್ಸಿನ ಕಥೆಯನ್ನು ದೃಶ್ಯೀಕರಿಸಿ

ನಿಮ್ಮ ವೈಯಕ್ತಿಕಗೊಳಿಸಿದ ನಿರೂಪಣೆಯನ್ನು ರೂಪಿಸುವಲ್ಲಿ ಪ್ರಮುಖ ಅಂಶವೆಂದರೆ ನಿಮ್ಮ ಯಶಸ್ಸನ್ನು ದೃಶ್ಯೀಕರಿಸುವುದು. ನಿಮ್ಮ ಪ್ರಯಾಣವು ಶೈಕ್ಷಣಿಕವಾಗಿ ಮತ್ತು ವೈಯಕ್ತಿಕವಾಗಿ ನಿಮ್ಮನ್ನು ಎಲ್ಲರಿಗೂ ಕರೆದೊಯ್ಯಬೇಕೆಂದು ನೀವು ಬಯಸುತ್ತೀರಿ ಎಂಬುದನ್ನು ಕಲ್ಪಿಸಿಕೊಳ್ಳಿ.

ನಿಮ್ಮ ವೃತ್ತಿಜೀವನದ ಕನಸುಗಳನ್ನು ಸಾಧಿಸುವುದಾಗಲಿ, ಪ್ರಪಂಚದ ಮೇಲೆ ಅರ್ಥಪೂರ್ಣ ಪರಿಣಾಮ ಬೀರುವುದಾಗಲಿ ಅಥವಾ ನಿಮ್ಮ ಮೌಲ್ಯಗಳಿಗೆ ಹೊಂದಿಕೊಂಡ ಜೀವನವನ್ನು ನಡೆಸುವುದಾಗಲಿ, ನಿಮ್ಮ ಕಥೆಯ ಅಂತ್ಯವನ್ನು ಕಲ್ಪಿಸಿಕೊಳ್ಳಿ. ಈ ದೃಷ್ಟಿಕೋನವು ನಿಮ್ಮ ನಿರೂಪಣೆಯ ಮುಕ್ತಾಯದ ಅಧ್ಯಾಯವಾಗಿ ಕಾರ್ಯನಿರ್ವಹಿಸುತ್ತದೆ, ಆದರೆ ನೀವು ಪ್ರತಿದಿನ ಕೆಲಸ ಮಾಡುವಾಗ ಇದು ಸ್ಫೂರ್ತಿಯ ಮೂಲವಾಗಿದೆ.

ಅನುಸೂಯ ಸಿ
ಸಹ ಪ್ರಾಧ್ಯಾಪಕಿ



ಯುಜ್ವೆಂಟ್. ಎಂ
3ನೇ ಸೆಮ್ ಜಿ.ಎಸ್ಸಿ (ನರ್ಸಿಂಗ್)
ಎಂ.ವಿ.ಜೆ ಕಾಲೇಜು

ಕಾಲೇಜಿನ ಮೊದಲ ದಿನ,

ಕಳವಳ ತುಂಬಿದ ಕಣ್ಣಿನಲ್ಲಿ,
ವಿಪರೀತ ವೇಗದಲ್ಲಿ ಲಬ್ ಡಬ್ ಎನ್ನುವ,
ಹೃದಯದಲ್ಲಿ ಭಯವಂದಿತ್ತು

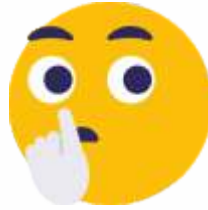
ನನಗೆ ಪರಿಚಯ ಇರುವವರು ಯಾರಾದರೂ,
ಸಿಗ್ಗುರ ಅನ್ನೋ ಹಂಬಲ ಮನಸ್ಸಿನಲ್ಲಿತ್ತು

ಅದೇನೋ ತುಂಭಾ ಜನ ಯಾವುದೇ ಒಂದು ಅಪರಿಚಿತ,
ಸ್ಥಳಕ್ಕೆ ಹೋದಾಗ ಏನೋ ತಳಮಳ, ಆತಂಕ
ಅವನರ ಹೆಜ್ಜೆರುತ್ತದೆ. ಇದರಲ್ಲಿ ನಾನು ಒಬ್ಬ

ಹಾವಿರ ಕನಸ್ಸುಗಳನ್ನು ಹೋತ್ತು,
ಪಥವು ಹೆಜ್ಜೆ ಇಡುವ ಪವಿತ್ರ ಸ್ಥಳ
ಅದುವೇ, ನಮ್ಮ ಎಮ್ ವಿ ಜೆ ಕಾಲೇಜು

ಇಟ್ಟ ಮೊದಲ ಹೆಜ್ಜೆ ಸರಿಯಾದ ಗುರಿಯಲ್ಲಿದ್ದರೆ,
ನಮ್ಮನ್ನು ತಡೆಯುವ ಶಕ್ತಿ ಮತ್ತೊಂದು ಇರುವುದಿಲ್ಲ

ಬಂದಾರದ ಮಾತು



ಖಜಾನರ ಮುರನೆ ನಿನ್ನ ಉತ್ತಮವಾಸ
ಪರಿಣತೃ ಕುಲಿತು ಮಾತಪಾಸಖೇಸ

ರೋಗಿರಿಯ ಮುರನೆ ನಿನ್ನ ಉತ್ತಮವಾಸ
ಆರೋಗ್ಯದ ಖಗ್ಗೆ ಮಾತಪಾಸಖೇಸ

ಸುಖಲರ ಮುರನೆ ನಿನ್ನ
ಶಕ್ತಿಯ ಖಗ್ಗೆ ಮಾತಪಾಸಖೇಸ
ಖೈಬಿಯ ಮುರನೆ
ನಿನ್ನ ಸ್ವಾತಂತ್ರ್ಯದ ಖಗ್ಗೆ ಮಾತಪಾಸಖೇಸ

ಮಕ್ಕಳಲ್ಲದವಾ ಮುರನೆ
ನಿನ್ನ ಮಕ್ಕಳ ಖಗ್ಗೆ ಮಾತಪಾಸಖೇಸ

ಅಪಾಠರ ಮುರನೆ
ನಿನ್ನ ತರನೆ ತಾರುರಿಯ ಖಗ್ಗೆ ಮಾತಪಾಸಖೇಸ

ಕಾರಣ ಅದು ಅವರ ಗಾರುಸ ಮೇಲೆ
ಖರೆ ಎಕೆಸರಿತಾಗುತ್ತದೆ....!!!!

ಮನೋಜ ಜ
1 ನೇ ಸೆಮಿಸ್ಟರ್
ಎಂ.ವಿ.ಜೆ ಕಾಲೇಜು

ನಮ್ಮ ಕೋಲಾರ

ಕೋಲಾರ ಅರಸ ತಕ್ಷಣ ನೆಪಸಿಗೆ ಬರುವುದು ಚಿನ್ನದ ನಾಡು ಮತ್ತು
ಕೆ.ಜಿ.ಎಫ್ ಸಿರಿಮಾ ಆದರೆ ಕೋಲಾರದಲ್ಲಿ ಇರುವಂತಹ ಇನ್ನೂ ಕೆಲವೊಂದು
ವಿಷಯಗಳ ಬಗ್ಗೆ ಹೇಳುತ್ತೇನೆ.



ಕೋಲಾರವು ಕರ್ನಾಟಕದ ಒಂದು ಜಿಲ್ಲೆಯಾಗಿದ್ದು, ಇದನ್ನು ಮೊದಲು ಕುವಲಾಪುರ ಅಂತಲೂ ಕರೆಯುತ್ತಿದ್ದರು. ಕಾಲ ಕ್ರಮೇಣ
ಕೋಲಾರವಾಯಿತು. ಕೋಲಾರವು 2ನೇ ಶತಮಾನದಲ್ಲಿಯೇ ಗಂಗರಾಜರಾಜ್ಯದಲ್ಲಿದ್ದು, ನಂತರ ಹೋಳರ ಅಕ್ಕಿಗೆ ಒಳಪಟ್ಟಿದೆ.
4 ರಿಂದ 16ನೇ ಶತಮಾನದವರೆಗೆ ಕದಂಬ, ಗಂಗ, ಪಲ್ಲವ, ಹೋಳ, ಪಾಂಡ್ಯ, ಹೊಯ್ಸಳ, ರಾಷ್ಟ್ರಕೂಟ ಅರಸರು, ಮೈಸೂರಿನ ಅರಸರು,
ಪಾಂಡ್ಯರಾಜ್ಯದ ಹಾಗೂ ಇವು ಸುಲ್ತಾನರ ಅಕ್ಕಿಗೆ ಒಳಪಟ್ಟಿತ್ತು. ಗಂಗರು ಕಟ್ಟಿಸಿದಂತೆ ಹಲವಾರು ಸ್ಥಳಗಳು ಕೋಲಾರದಲ್ಲಿ ಮತ್ತು
ಕೋಲಾರ ಜಿಲ್ಲೆಯಲ್ಲಿವೆ, ಅದರಲ್ಲಿ ಮುಖ್ಯವಾಗಿ ಗಂಗರು ಕಟ್ಟಿಸಿದ ಕೋಲಾರಮ್ಮ ದೇವಾಲಯ ಜಿಲ್ಲೆಯಲ್ಲಿಯೇ ಪ್ರಸಿದ್ಧಿಯನ್ನು ಪಡೆದಿದೆ. ನಾಡಿಗೆ
ಮತ್ತು ರಾಷ್ಟ್ರಕ್ಕೆ ತನ್ನೊಡಲ ಚಿನ್ನವನ್ನು ಧಾರೆಮೆರೆದು 'ಚಿನ್ನದ ಜಿಲ್ಲೆ' ಎಂದೇ ಹೆಸರಾಗಿದ್ದ ಕೋಲಾರ ಜಿಲ್ಲೆಯು ನಾಡು ಕೃಷಿ, ಸಾಹಿತ್ಯ,
ರಾಜಕೀಯ ಹಾಗೂ ವಿಜ್ಞಾನ ತಂತ್ರಜ್ಞಾನ ಕ್ಷೇತ್ರಗಳಿಗೆ ವಿಶಿಷ್ಟ ಕೊಡುಗೆ ನೀಡಿದ ಗೌರವಕ್ಕೆ ಪಾತ್ರವಾಗಿದೆ. ಸಿರಾ ಅರಸ ಮಿರ್ಜಾ, ಹಳ್ಳಿ ಮತ್ತು
ತರಕಾರಿಗಳ ರಾಜಧಾನಿ ಎನಿಸಿರುವ ಕೋಲಾರ ಜನಪದ ಹೋರಾಟಗಳು ಮತ್ತು ಜನಪದ ಸಂಪ್ರದಾಯವನ್ನು ಮರೆದಿದೆ.

ಕೋಲಾರ ತಾಲ್ಲೂಕುಗಳನ್ನು ಒಳಗೊಂಡಿದ್ದು ಕೋಲಾರ, ಮಾಲೂರು, ಮುಳಬಾಗಿಲು, ಶ್ರೀನಿವಾಸಪುರ, ಬಂಗಾರಪೇಟೆ ಮತ್ತು ಕೆ.ಜಿ.ಎಫ್
ತಾಲ್ಲೂಕು ಹೊರದಿದ್ದು ಒಂದೊಂದೂ ತಾಲ್ಲೂಕಿನಲ್ಲೂ ಒಂದೊಂದೂ ವಿಶೇಷತೆ ಒಳಗೊಂಡಿದೆ. ಕೋಲಾರದ ನಗರಪಾಲಿಕೆ ಕೈಗಾರಿಕೆಗೆ
ಯಶಸ್ವಿಯಾಗಿದೆ ಮತ್ತು ಅದೇ ದೊಡ್ಡ ಟರ್ಮಿನಲ್ ಮಾರುಕಟ್ಟೆಯನ್ನು ಹೊಂದಿದೆ. ಕೋಲಾರಮ್ಮ, ಶೋಮೇಶ್ವರ, ಅಂತರಗಂಗ
ದೇವಸ್ಥಾನಗಳನ್ನು, ಶ್ರೀ ದೇವರಾಜ ಅರಸು ವೈದ್ಯಕೀಯ ಕಾಲೇಜು, ಇಳಿಸಿವರ ನರ್ಸಿಂಗ್ ಕಾಲೇಜು ಮುಂತಾದ ವೈದ್ಯಕೀಯ
ಕಾಲೇಜುಗಳನ್ನು ಹೊಂದಿದೆ ಮತ್ತು ಅದೇ ದೊಡ್ಡ ತರಕಾರಿ ಮಾರುಕಟ್ಟೆ ಇದ್ದು ರೈತರಿಗೆ ಸಹಾಯ ಮಾಡುತ್ತಿದೆ ಮತ್ತು ಕೆ.ಎಂ.ಎಫ್
ನಂದಿ ಕೈಗಾರಿಕೆ ಇದೆ.

ಮುಳಬಾಗಿಲು ಕರ್ನಾಟಕದ ಸೂರ್ಯ ಹುಟ್ಟುವ ಮೊದಲ ಸ್ಥಳವಾಗಿದೆ ಮತ್ತು ಮುಳಬಾಗಿಲು ದೋಣಿಗೆ ಪ್ರಸಿದ್ಧಿ, ಶ್ರೀನಿವಾಸಪುರವೂ
ವಿಶ್ವದಲ್ಲಿ ಪ್ರಖ್ಯಾತಿ ಪಡೆದಿರುವ ಮಾವಿನ ಹಣ್ಣಿನ ನಗರ ಇದಾಗಿದೆ, ಬಂಗಾರಪೇಟೆಯು ಪಾಣಿಪುರಿಗೆ ಪ್ರಖ್ಯಾತಿ ಪಡೆದಿದೆ ಮತ್ತು
ಕೋಲಾರದವರನ್ನು ತನ್ನ ಒಡಲಲ್ಲಿ ಅಡಗಿಸಿಕೊಂಡಿದೆ ಮತ್ತು ಕೆ.ಜಿ.ಎಫ್ ಚಿನ್ನದ ಗಣಿಯನ್ನು ಹೊಂದಿದ್ದು ಜಗತ್ಪ್ರಸಿದ್ಧವಾಗಿದೆ.

ಗಗನ್ ಎಫ್
5ನೇ ಸೆಮಿಸ್ಟರ್
ಎಂ.ಬಿ.ಸಿ ಕಾಲೇಜು



ಶಿಕ್ಷಕರು

ಜಗತ್ತಿನಲ್ಲಿ ಸಲಿ ಸಾಕಿ ಇಲ್ಲ,
ತಂದೆ ತಾಯಿ ಪ್ರೀತಿಗೆ.

ಪ್ರೀತಿಯಿಂದ ಗೌರವಿಸೋಣ,
ಅಕ್ಷರ ಕಲಿಸಿದ ಗುರುವಿಗೆ.

ನಮ್ಮ ಬದುಕಿನ ಆಧಾರಸ್ತಂಭ ಶಿಕ್ಷಕ.
ಇವರು ಮಾತನಾಡುವುದು ತನ್ನಿ ಬುದ್ಧಿ ಹೇಳುವ ಕಾರ್ಯಕ.
ಇವರೇ ನಮ್ಮ ಎಲ್ಲ ಸಾಧನೆಗಳಿಗೂ ಪ್ರೇರಕ.
ಶಿಕ್ಷಣ ಕೊಟ್ಟು ಬದಲಾಯಿಸುವವರು ನಮ್ಮ ಜಾತಕ.

ಇದೊಂದು ನನ್ನ ಚಿಕ್ಕ ಕವನ,
ಎಲ್ಲಾ ಶಿಕ್ಷಕರಿಗೂ ನನ್ನ ಕೋಟಿ ಕೋಟಿ ನಮನ...

ನಮು



ಕನಸು ನೂರಾರು ಇದ್ದರೇನು
ಮನಸು ಒಂದೇ ಇರಲಿ,
ಲೋಕವೇ ಸಾವಿರಾರು ಇದ್ದರೇನು
ಗುಲಿ ಒಂದೇ ಇರಲಿ
ಮುಖದಲ್ಲಿ ಸದಾ ನಗು ಇರಲಿ

ಅಪ್ಪ
5ನೇ ಸೆಮಿಸ್ಟರ್
ಎಂ.ಬಿ.ಸಿ ಕಾಲೇಜು

ज़िंदगी

ज्योति कुमारी बी
प्रथम सेमेस्टर बीएससी नर्सिंग

हर दिन इक इम्तिहान है,
हर पल इक चुनौती....
सूरज की तपती किरणों से लेकर,
जाड़े की ठिठुरती कम्पन तक...
भाग रहा है यूँ ही बेवजह शायद,
कि वक़्त थमता ही नहीं...
वक़्त से आगे रहने की एक होड़ सी है,
कि कहीं गरिफ़्तार ना हो जाऊँ...
कभी दिन सुनहरा सा लगता है,
तो कभी आग बन के झुलसाता सा..
कभी शाम अपने आगोश में ले. लेती है,
तो कभी एक खलिश सी जैसे जीर जाती है.
उठता गिरता सम्भलता बढ़े जा रहा हूँ,
कारवाँ में भी अकेला सा चले जा रहा हूँ..
कुछ तलाश में हूँ शायद पता नहीं;
मिला नहीं है अब तक जो थकता भी नहीं.
बसा इक उम्मीद है बेहतर कल होगा,
एक यकीन बरकरार है.
कि ज़िंदगी गुलज़ार हैं...!!



THE MIND'S MAZE



1

W	A	L	E	E	C	H	E	S	D	P	G	M	Y	Z
H	B	L	A	C	K	D	E	A	T	H	J	O	G	G
I	U	F	E	H	T	P	Z	Y	W	R	A	T	E	N
P	O	O	T	E	R	E	U	R	A	U	N	Y	N	I
P	D	U	W	E	Q	N	I	Y	Y	O	E	H	E	T
O	E	R	U	B	Y	C	U	U	U	R	S	U	T	T
C	H	H	J	A	T	I	E	S	R	T	T	I	H	E
R	T	U	I	R	K	L	A	F	V	H	H	K	E	L
A	M	M	E	Q	G	L	F	R	E	U	E	R	R	D
T	I	O	R	A	T	I	E	T	D	I	S	O	A	O
E	S	U	H	Y	T	N	Z	Y	A	S	I	W	P	O
Y	Y	R	T	E	O	P	I	U	M	D	A	O	Y	L
A	I	S	H	C	E	L	F	U	J	M	B	K	D	B

Hints

1. "From Indian sages my knowledge flows. Balancing doshas. I treat the body, mind and heart" What am i?
2. "From lotus and poppy, I made people sleep. A plant, took pain away" What am I?
3. "I left my mark in ancient medicine with balance of humours, blood and bile" What am I?
4. "I let the bad blood flow to save a life" What am I?
5. "I am a deadly pandemic; I am from 14th century" What am I?
6. "I am a surgical technique; I can reduce the pain during surgery" What am I?
7. "I am a therapy; I can fix the defected gene" What am I?
8. "I was brought to bring relief, but my blood letting behaviour brought grief" What am I?
9. "My oath is a tradition, was once called the father of medicine" Who am I?
10. "My moldy surprise led to cure of infections, I am from ancient Egypt" What am I?

मां

सुजाता
तृतीय सेमेस्टर बीएससी नर्सिंग



मां तो आखिर होती है मां ।।
अपने सपनों को त्यागकर,
रातों को जागकर
हमारी ख्वाहिशें करती हैं पुरी
उनके बिना जिन्दगी अधूरी,
ममता मयी आंचल है जिनकी
जैसे गौरी और जानकी।
खुशियों की तो रह है मोती,
माँ की आंखों में करुणा की ज्योति
रिश्तों को ये संजोए रखती,
सारे दर्द खुद ही सह लेती
अपनो पे जब संकट आती है
मौत से भी लड़ जाती है।
कभी दुर्गा कभी चंडी बन जाती,
जब बात अपने बच्चों पर आती है
राख की परछाई होती है मां,
मां तो आखिर होती है मां ।।

THE MIND'S MAZE



2

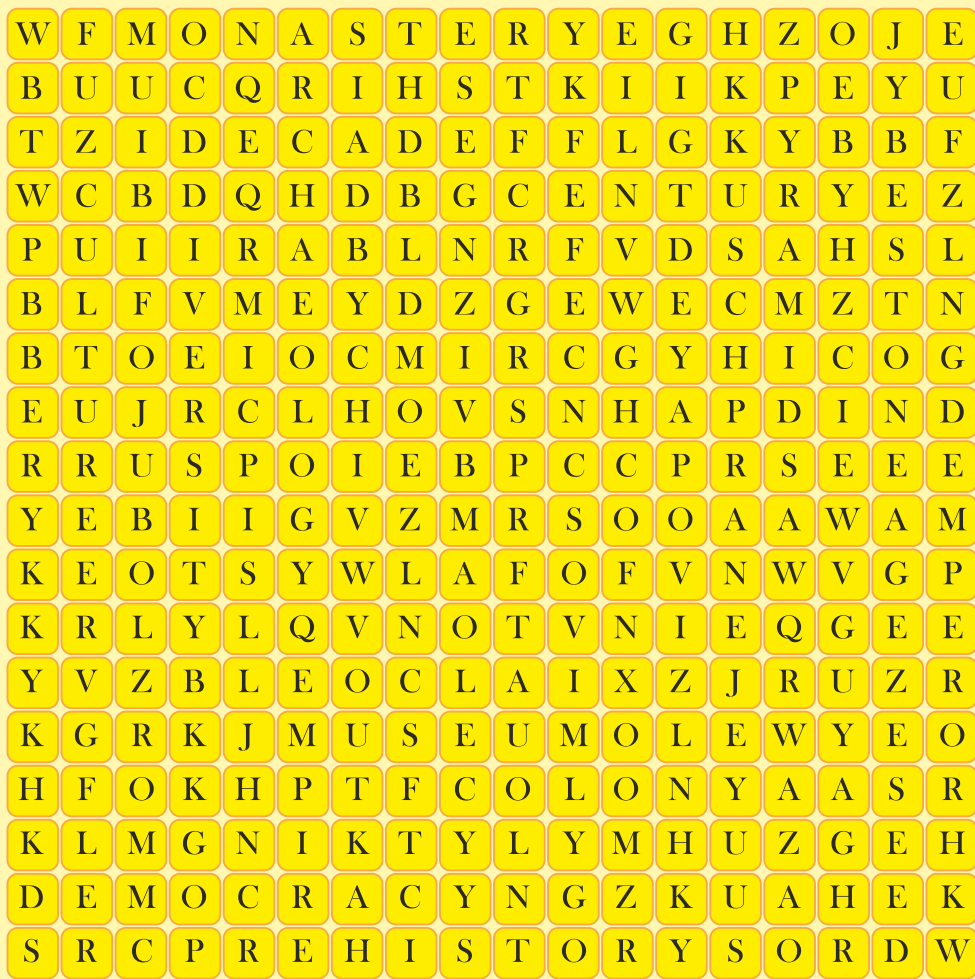


1. Which part of the human body does not feel pain at all ?
2. Which organ is the second brain of the human body ?
3. Which part of the human body has the ability to heal fastest ?
4. Which part of the human body is most sensitive to pain ?
5. Which part of the body is responsible for production of RBC ?
6. Which part of the brain is responsible for memory and learning ?
7. Which part of the human body has the most sweat glands ?

3 RIDDLES

1. I was the first vaccine ever developed, created by Edward Jenner in 1796. What am I ?
2. I was a deadly flu pandemic in 1918 that killed millions and nurses played a crucial role in patient care, What am I ?
3. I was a British nurse who revolutionized sanitation and hospital care during the Crimean war. Who am I ?
4. During this global conflict [1939-1945], nurses worked on battle fields, in hospitals and even behind enemy lines. What were I am ?
5. In 2020, I was a worldwide crisis were nurses became frontline heroes, working tirelessly to save lives. Who am I ?
6. I was the life saving machine first used in 1950's to help patients with heart problems. What am I ?
7. I was an American nurse who founded the American Red cross in 1881. Who am I ?
8. I am the largest organisation in the world founded in 1899 to represent nurses globally. Who am I ?
9. I was a psychiatric nurse and social reformer who fought for better treatment of the mentally ill in the 19th century. who am I ?
10. During my time, the first major outbreak of polio occurred, leading to vaccine development. What decade am I ?

PUZZLE



ANSWERS

4

KEY WORDS

CULTURE
MUSEUM
DECADE
EMPEROR
DISCOVERY
PYRAMID
CONQUER
COLONY
STONE AGE
DIVERSITY
PREHISTORY
CENTURY

1

ANSWERS

1. Ayurveda
2. Opium
3. Four Humours
4. Blood Letting
5. Black Death
6. Anesthesia
7. Gene Therapy
8. Leeches
9. Hippocrate
10. Penicillin

2

ANSWERS

1. Brain
2. Gut
3. Tongue
4. Fingertips
5. Bone Marrow
6. Hippocampus
7. Feet

3

ANSWERS

1. The Smallpox Vaccine
2. The Spanish Flu
3. Florence Nightingale
4. World War II
5. The Covid 19 Pandemic
6. The Defibrillator
7. Clara Barton
8. The International Council Of Nurses [ICN]
9. Dorothea Dix
10. The 1950s

Artisans Chronicle



*"Fearless in vision,
powerful in spirit
where courage roars,
greatness follows."*

MS. SUJATA

III SEMESTER B.Sc. NURSING



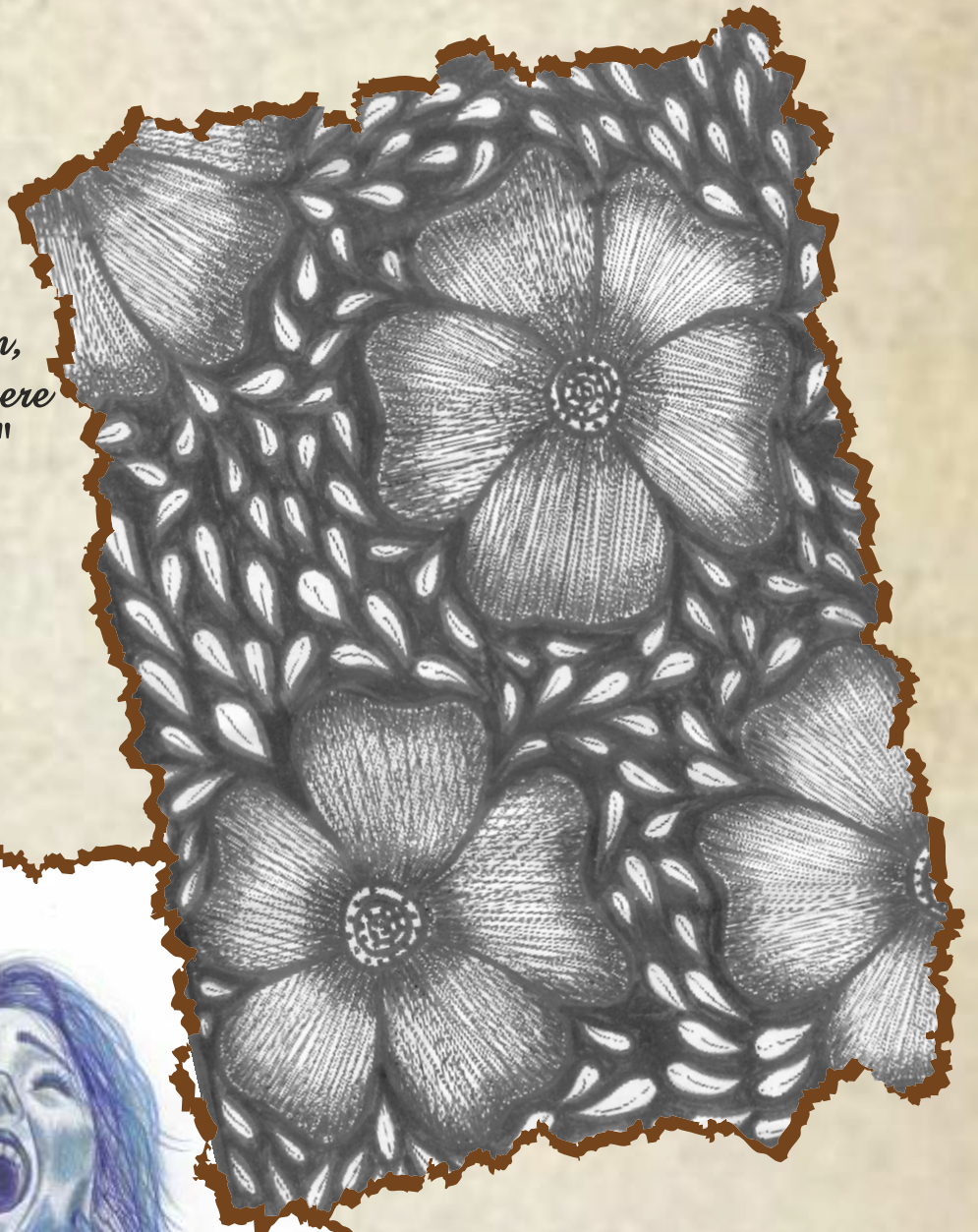
*"Like a butterfly,
growth is a masterpiece
crafted with patience,
strength, and endless beauty."*

MS. HANNA THOMAS

I SEMESTER B.Sc. NURSING

*"Like flowers in bloom,
- creativity flourishes where
passion meets patience."*

MS. LIYA MARIA JOSEPH
I SEMESTER B.SC NURSING



*"The soul screams in silence,
wearing a thousand faces
of pain."*

MS. PALLAVI.T
III SEMESTER B.Sc. NURSING



*"Rise with the wings
of your own creation,
for freedom is found
in the art of becoming."*

MS. PALLAVI.T
III SEMESTER B.Sc. NURSING

*"Silent tears speak
the loudest,
for pain needs no words
to be heard."*

S. ANJALI KC
V SEMESTER B.Sc. NURSING



*"Elegance is an art,
and every stroke tells
a story of grace."*

MS. ARCHANA AN
III SEMESTER B.Sc. NURSING



*"Divine blessings
sketched with devotion
and grace."*

MR. PRAMOD
TUTOR





*"Peace comes from within.
Do not seek it without."*

MS. BM HEMAWATHI
I SEMESTER B.Sc. NURSING

*"Sacred patterns,
divine blessings
where art meets
spirituality."*

MS.TANU PRIYA
V SEMESTER B.Sc. NURSING





*"Wisdom woven in devotion,
the soul of Mahakumbh 2025."*

MR. ABHIJIT
LECTURER



*"Every mask tells a story,
every expression holds a mystery."*

MS. ATHULYA MOHAN
III SEMESTER B.Sc. NURSING



*"The owl sees through the darkness,
reminding us that wisdom shines even in the unknown."*

MS. DEVIKA VALSARAJ
III SEMESTER B.Sc. NURSING

Lens Script



*"Amidst the lush embrace of nature,
even the tiniest life has a purpose to unfold."*



MS. Rishitha M S
V Semester B.Sc. Nursing



*"A path adorned with nature's gold,
whispering stories of seasons past and journeys ahead."*



*"A cathedral of trees arches overhead,
whispering secrets to the wandering soul."*



*"Guardians of the twilight,
perched in wisdom, whispering secrets to the night."*



*"The sun weaves golden threads through the branches,
stitching dawn's magic into the fabric of the earth."*

Mrs. B. PARKAVI
Professor



"Sunlight kisses the silken web, turning nature's craftsmanship into a golden dream."



"A winding path through nature's embrace, where every turn holds a silent story."



"Roots like ancient veins, entwining through time, murmuring the forest's deepest mysteries."

Ms. Devananda
III Semester B.Sc. Nursing



*"Lost in the rhythm of nature,
where silence meets sound and melodies paint the sky."*

MR. Akinandan
I Semester B.Sc.Nursing



*"The sky sets the water on fire, yet everything
remains calm nature's perfect paradox."*



COMMUNITY HEALTH SERVICES

“THE LIFELINE CHRONICLE”



ANTENATAL CLINIC



Nandagudi Village



INSERVICE EDUCATION PROGRAM

Nandagudi Village



POSTNATAL & IMMUNISATION CLINIC

Nandagudi Village



INSERVICE EDUCATION PROGRAM

Jinnagara and Vagala Village



SCHOOL HEALTH PROGRAMME

Vagata Village



UNDERFIVE CLINIC

Vagata Village

INTER - COLLEGE COMPETITION “THE APEX ARENA”

RGUHS ZONAL LEVEL FOOTBALL TOURNAMENT



The B.Sc. Nursing students of MVJ College of Nursing participated in the RGUHS Zonal Football Tournament 2024, held at RR College of Nursing on 6th September 2024. Competing against strong teams, they displayed exceptional skill, teamwork, and determination. With their outstanding performance, the team secured Third Place in the tournament, showcasing their dedication, resilience, and sportsmanship. This achievement highlights MVJ College of Nursing's commitment to fostering holistic student development, promoting excellence not only in academics but also in sports.

Congratulations to the team for their remarkable effort and success!



NATIONAL SCHEME SERVICE ACTIVITIES

THE VANGUARD OF SERVICE

PULSE POLIO PROGRAMME 2024

The Department of Health and Family Welfare, Bangalore Rural District, organized the National Pulse Polio Programme at Hoskote Taluk from 3rd to 6th March 2024. The primary objective of the program was to eradicate poliomyelitis by ensuring the vaccination of all children under five years of age against the poliovirus.

From 4th to 6th March 2024, a house-to-house vaccination campaign was conducted to identify and immunize children aged 0-5 years who had missed the booth services. This initiative played a crucial role in ensuring comprehensive coverage and reinforcing the goal of a polio-free nation.

The Pulse Polio Programme 2024 was successfully implemented, contributing significantly to the national polio eradication efforts. The participation of nursing students in this public health initiative not only strengthened their clinical and community outreach skills but also reinforced their commitment to preventive healthcare and disease eradication.



VOTERS AWARENESS PROGRAMME 2024

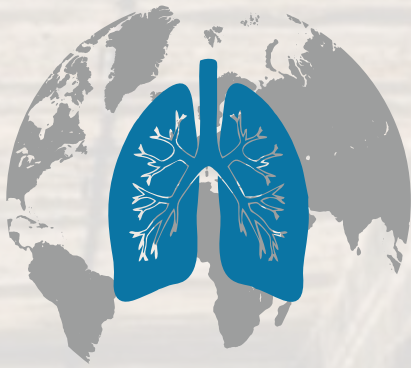


MVJ College of Nursing organized a Voter Awareness Programme to educate students on the significance of voting in a democracy. The initiative aimed to instil a sense of civic responsibility and encourage active electoral participation among students.

As part of the programme, students took a pledge to promote informed and responsible voting. Their enthusiastic participation reinforced their commitment to upholding democratic values and contributing as responsible citizens.

This initiative reflects the institution's dedication to fostering civic awareness and democratic engagement among future healthcare professionals.





WORLD TUBERCULOSIS DAY

The Department of Community Health Nursing, MVJ College of Nursing (MVJCON) organized a series of awareness activities to educate students and the public on TB prevention, diagnosis, and treatment.

• Quiz Competition (23rd March 2024):

Final-year DGNM students participated in a TB-themed quiz to reinforce key concepts. Winners were awarded.

• Guest Lecture (25th March 2024):

Dr. Poornima A., Senior Medical Officer at NTI, delivered an insightful session on TB causes, symptoms, treatment, and the role of community engagement in eradication efforts.

• Role Play & Public Awareness Program (26th March 2024):

Final-year DGNM students performed a role play at MVJ Medical College & Research Hospital to educate the public on TB transmission, early detection, and free government treatment initiatives.

The event was inaugurated by Dr. Dharani Mohan (Director, MVJCON) and attended by key dignitaries, including Dr. Kiran (HOD, TB & Chest Department), who emphasized the importance of TB surveillance and community awareness.

The observance successfully empowered students and reinforced the commitment to ending TB through education, advocacy, and healthcare interventions.



WORLD WEEK BREASTFEEDING



"CLOSING THE GAP: BREASTFEEDING SUPPORT FOR ALL"

MVJ College of Nursing, in collaboration with the Department of Paediatrics, organized a week-long event to promote breastfeeding awareness, education, and support for mothers and healthcare professionals.

Event Highlights:

Inauguration Ceremony (3rd August): Led by Dr. Ravi Chandran (Principal, MVJMC & RH), attended by dignitaries including Dr. Dayananda (Medical Superintendent), Mrs. Anjali (Nursing Superintendent), Mrs. Joyce Indrani (Chief Nursing Officer), Prof. Priscilla Nirmal (Principal, MVJ College of Nursing), and Mrs. Mahalakshmi (Vice-Principal, MVJ College of Nursing).

Guest Lecture: Dr. Kesavulu delivered an insightful talk on "Closing the Gap in Breastfeeding Support in Community Settings," emphasizing the role of healthcare professionals and families in sustaining breastfeeding.

Interactive Workstations: Hands-on training on breastfeeding techniques, milk expression, and overcoming challenges.

Competitions & Workshops:

- Quiz & Poster Presentations to enhance breastfeeding awareness.
- Workshops for ASHA workers to strengthen community breastfeeding support.

Public Awareness Initiatives:

- Role Play by nursing students on common breastfeeding challenges and solutions.
- Awareness Rally with slogans and placards promoting breastfeeding benefits.

The event successfully educated healthcare workers, empowered mothers, and reinforced community engagement in breastfeeding promotion. The program concluded with prize distribution, recognizing outstanding contributions.





WORLD SUICIDE PREVENTION DAY



“Changing the Narrative on Suicide”

In observance of World Suicide Prevention Day 2024, MVJ College of Nursing organized an awareness program centered around the theme "Changing the Narrative on Suicide." The event aimed to break the stigma surrounding mental health, encourage open conversations, and promote effective support systems for suicide prevention.

The highlight of the program was a guest lecture by Prof. Amar Singh from Shekar College of Nursing, who provided valuable insights into suicide prevention strategies, mental health advocacy, and community support systems.

Prof. Amar Singh delivered an engaging and thought-provoking lecture, covering:

- Understanding Suicide & Its Prevention – Recognizing causes, risk factors, and intervention techniques.
- Support Systems for Suicide Prevention – The role of healthcare professionals, families, and communities in offering support.
- Live Case Scenarios & Experiences – Real-life stories highlighting early intervention and recovery.

- Latest Suicide Statistics – Analysing global and national trends to drive awareness and policy improvements.

To further reinforce the message of mental wellness and resilience, the session included interactive activities such as:

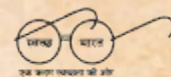
- Laughter Therapy – Encouraging emotional release and stress reduction.
- Soft Skills Development – Enhancing communication and coping mechanisms.
- Yoga & Mindfulness Exercises – Promoting relaxation and emotional stability.

Students actively participated in all activities, demonstrating a strong commitment to mental health awareness. The program successfully shifted the conversation on suicide from stigma to support, reinforcing the message that suicide is preventable with the right interventions and collective efforts.

By changing the narrative on suicide, the event emphasized the importance of compassion, open dialogue, and proactive mental health care in saving lives.



SWACCH BHARATH ABHIYAN



Swachhata
Hi Seva

On September 26, 2024, the students and faculty of MVJ College of Nursing actively participated in the Swachhata Hi Seva Abhiyan, a nationwide initiative aimed at promoting cleanliness and environmental sustainability.

As part of this campaign, Third-year DGNM students undertook a cleaning drive at Nandagudi Primary Health Centre. The students systematically collected and disposed of plastic waste, paper waste, and other garbage, ensuring a cleaner and more

hygienic environment within the premises.

This initiative underscores MVJ College of Nursing's commitment to public health, environmental responsibility, and community service. By actively engaging in such programs, the institution continues to foster a sense of social responsibility among its students while contributing to the broader mission of a Swachh Bharat (Clean India).



PULSE POLIO RALLY



On October 24, 2024, the students of MVJ College of Nursing actively participated in a Pulse Polio Awareness Rally in Hoskote, advocating for polio eradication and immunization.

The rally commenced at KEB Circle and concluded at the Taluk Office, covering a significant stretch of Hoskote. Throughout the event, students distributed informative pamphlets and engaged with community members to raise awareness about the importance of polio immunization. Their enthusiastic participation and outreach efforts reinforced the critical message of safeguarding children against polio through timely vaccinations.

This initiative reflects MVJ College of Nursing's unwavering commitment to public health promotion and community engagement, aligning with the national goal of a polio-free India.



WORLD DIABETES DAY

BREAKING BARRIERS, BRIDGING THE GAPS



In observance of World Diabetes Day 2024, the Department of Medical & Surgical Nursing, MVJ College of Nursing, organized an awareness program on 14th November 2024 to educate patients and their families about diabetes management and prevention. The event was conducted on the 3rd floor of the medical ward at MVJMC & RH.

The program was formally inaugurated by:

- Dr. Jacob, HOD of Medicine
- Prof. Priscilla Nirmal G., Principal, MVJ College of Nursing
- Mrs. Mahalakshmi B., Vice Principal, MVJ College of Nursing

The event was attended by faculty members, nursing staff, patients, and their families, along with:

- Mrs. Joice Inbarani, Chief Nursing Officer
- Mrs. Prema Kumari, Nursing Superintendent

The awareness program focused on the theme: "Breaking Barriers, Bridging the Gaps" and covered key aspects of diabetes prevention and management, including:

- Diabetic diet and nutrition
- Lifestyle modifications for better diabetes control
- Diabetic foot care and prevention of complications
- Importance of regular exercise and physical activity
- Medication adherence and blood sugar monitoring

Third-year B.Sc. Nursing students and Fourth-semester B.Sc. Nursing students conducted health education sessions for patients and their families.

A quiz competition was organized for patients and their families to reinforce their understanding of diabetes care. Participants actively engaged in the session and won prizes for their enthusiastic participation.

Mrs. Prema Kumari, Nursing Superintendent, addressed the gathering and emphasized the importance of early diagnosis and regular treatment to prevent diabetes-related complications. The program concluded with a vote of thanks, marking the successful observance of World Diabetes Day 2024.



CHILDREN'S DAY

CELEBRATIONS

“Children's Day is a celebration of joy, innocence, and the limitless potential of every child.”

To mark Children's Day 2024, the Department of Child Health Nursing, MVJ College of Nursing, organized a special celebration on 14th November 2024 at the Paediatric Ward of MVJMC & RH. The event was dedicated to spreading joy and uplifting the spirits of the children in the ward.

- Third-year B.Sc. Nursing students organized various fun-filled games and activities to engage the children, bringing smiles and moments of happiness.
- The initiative aimed to create a cheerful and encouraging environment for young patients, making their day special despite their medical challenges.



The event was graced by distinguished dignitaries, including:

- **Dr. Dharani Mohan**, CEO, MVJMC & RH & Director, MVJ College of Nursing
- **Dr. Ravichander**, Principal, MVJMC & RH
- **Prof. Priscilla Nirmal G**, Principal, MVJ College of Nursing
- **Mrs. Mahalakshmi B**, Vice Principal, MVJ College of Nursing

Faculty members and staff from **MVJ College of Nursing** also actively participated in the celebrations. The event concluded with the **distribution of prizes and gifts** to all the children, presented by the esteemed dignitaries. The celebration successfully brought **joy, encouragement, and warmth** to the young patients, making **Children's Day 2024** a memorable and meaningful occasion.





Golden
Interlude

Jubilent Chronicle

"Every festival and special day is a golden page in the chronicle of life—celebrate each moment, for it becomes a timeless story!"



SARASWATHI POOJA

MAHASHIVARATHRI



TEACHER'S DAY



ONAM



AYUDHA POOJA



CHIRSTMAS



FAREWELL DAY



WOMEN'S DAY



LOGO LAUNCH



On September 17, 2024, MVJ College of Nursing embarked on a new chapter of its journey with the grand unveiling of its new emblem—a symbol of its unwavering commitment to excellence, compassion, and innovation in nursing education. The prestigious occasion was graced by Chief Guest Shri Sarath Bache Gowda, alongside Honourable Chairman Dr. M.J. Mohan and CEO Dr. Dharani Mohan, marking a defining moment in the institution's legacy.

More than just a visual transformation, the emblem is a reflection of MVJ's soul—a tribute to the values that shape its students and faculty. Designed by Mr. Arvind Hegde, Founder & Lead Partner, the emblem elegantly intertwines the letters 'M', 'V', and 'J' to form a seamless tapestry of care, knowledge, and healing. It is not just a design; it is the heartbeat of compassionate nursing, a symbol of expertise fused with empathy, guiding every aspiring nurse toward a future of service and excellence.

During the unveiling, Shri Sarath Bache Gowda delivered an inspiring speech, celebrating MVJ College of Nursing's role in shaping skilled and ethical healthcare professionals. "Nursing is not just a profession—it is a calling, a commitment to service, and a testament to the highest virtues of humanity," he emphasized. He praised the new emblem's profound symbolism, describing it as a guiding light for future nurses and a representation of MVJ's dedication to excellence. Urging students to embrace innovation, lifelong learning, and ethical practice, he remarked, "As you wear this emblem with pride, let it remind you of your responsibility to heal, to serve, and to uplift lives." His words left an indelible mark on the audience, reinforcing MVJ's mission to transform lives through education and compassionate care.

Echoing this vision, Honourable Chairman Dr. M.J. Mohan and CEO Dr. Dharani Mohan reaffirmed the institution's commitment to continuous growth and innovation. They highlighted that the new emblem serves as a beacon of inspiration, guiding students and

faculty in their pursuit of excellence and reinforcing MVJ's mission to nurture skilled, compassionate, and ethical nursing professionals.

Speaking about his design, Mr. Arvind Hegde shared his inspiration behind the emblem, stating, "The emblem is more than a symbol; it is a reflection of MVJ's deep-rooted values. Every element has been thoughtfully crafted to represent the dedication, empathy, and knowledge that define nursing as a profession."

As MVJ College of Nursing embraces this powerful new identity, the emblem stands as a promise and a purpose—a testament to its enduring legacy of education, healing, and service to humanity. It is a call to rise higher, to serve with greater passion, and to uphold the noble values that define the institution.

With this new symbol, we do not just carry a legacy forward—we elevate it, embodying the spirit of care, knowledge, and unwavering dedication to transforming lives.

Strings 2024

The Spirit of Ashvamedha Unleashed



The annual cultural fest of M V J College of Nursing, Strings 2024, unfolded in grandeur from August 29th to 31st, 2024, bringing together a celebration of talent, creativity, and competitive spirit. With the theme Ashvamedha, symbolizing strength, triumph, and resilience, the event resonated with energy, passion, and artistic brilliance.

The festivities commenced with an exhilarating marathon on August 29th, setting the stage for three days of spirited competition. The day's highlight was a spectacular live concert by the legendary singer Shaan, whose mesmerizing performance left the audience enthralled.

On August 30th, the cultural fiesta was officially inaugurated by Master Kishan, the esteemed young film director, as the Chief Guest. The day was packed with a series of high-energy competitions, including dance, music, and creative arts. A breathtaking fashion show captivated the audience, as participants showcased their interpretations of Ashvamedha through stunning ensembles and powerful themes. The artistic brilliance of

the students was met with high praise from renowned industry professionals and distinguished judges.

The final day, August 31st, was an electrifying culmination of performances, where dancers set the stage ablaze with their passion and skill, earning accolades from the judges. The fashion show added a touch of grandeur, as teams presented awe-inspiring themes and designs that embodied the spirit of victory and dominance. Industry veterans, serving as judges, ensured that excellence was recognized and celebrated.

Strings 2024 concluded on a high note, leaving behind an unforgettable legacy of creativity, camaraderie, and fierce competition. As the echoes of cheers and applause faded, one thing was certain—this edition of Strings had set a new benchmark for years to come.





THE PATRIOTIC CHRONICLES

A JOURNEY THROUGH INDIA'S LEGACY

India's rich history is woven with the sacrifices, struggles, and triumphs of countless visionaries who shaped our nation. Gandhi Jayanti, Independence Day, Republic Day, and Kannada Rajyotsava stand as pillars of this remarkable journey, each symbolizing a unique milestone in our country's path to freedom, democracy, and cultural identity.

From Mahatma Gandhi's ideals of nonviolence to India's hard-fought independence in 1947, from the adoption of the Constitution in 1950 to the formation of Karnataka in 1956, these occasions remind us of our shared heritage and the values that bind us together. They are not just moments of celebration but powerful reflections of our responsibility to uphold unity, justice, and progress.

As we honour these patriotic chronicles, let us pledge to carry forward the legacy of our forefathers, celebrating both our national pride and regional heritage. Jai Hind! Jai Karnataka!

INDEPENDENCE DAY



GANDHI JAYANTHI





EPILOGUE

The Final Cadence of This Chronicle

As the ink settles on the last pages of Dhirathi 2025: Chronicles, we find ourselves pausing—not at an ending, but at a moment of reflection, poised on the threshold of new beginnings. This edition has not merely documented events, achievements, and aspirations; it has captured the very essence of ingenuity, resilience, and the boundless spirit that defines our institution. Within these pages lie the voices of dreamers, the endeavours of pioneers, and the creative imprints of those who dare to challenge the ordinary and embrace the extraordinary.

This chronicle has borne witness to academic triumphs, artistic brilliance, and the unwavering commitment to service that fuels the heart of our student community. It has celebrated the intellectual Vigor that ignites minds, the passion that fuels innovation, and the altruism that strengthens our bonds with the world beyond our campus walls. From the halls of scholarship to the arenas of competition, from selfless acts of community service to the relentless pursuit of progress, this edition stands as a testament to the undying pursuit of excellence and the profound impact of collective ambition.

Yet, as this volume reaches its conclusion, it does not mark a finality but rather the genesis of greater journeys. The ink may rest, but the spirit of inquiry, the fire of imagination, and the commitment to transformation continue to surge forward. Let these pages serve as an enduring beacon—a guiding light for those who strive to transcend limitations, sculpt new horizons, and leave an indelible mark upon the world.

For talent is eternal, and the chronicles of tomorrow await the visionaries of today.

With reverence and anticipation,
The Editorial Board

CHRONICLE OF THE MAHA KUMBH MELA

A SAGA OF FAITH, TRADITION, AND SPIRITUAL GRANDEUR



Maha Kumbh Mela: The Eternal Tapestry of Faith

*"Where rivers whisper ancient hymns,
And souls bathe in celestial streams,
The Kumbh unfolds, a sacred dream,
A dance of time, where faith redeems."*

Imagine a place where time dissolves, where the air hums with chants of devotion, where millions walk as one, drawn by an unseen cosmic pull. This is the **Maha Kumbh Mela**, the world's largest spiritual gathering—a **festival of faith, a confluence of divinity, and a testament to the eternal cycle of renewal**.

The Legend: A Cosmic Battle for Immortality

They say it all began in the heavens. The gods and demons, once allies, churned the vast cosmic ocean in search of **Amrita, the nectar of immortality**. But as the sacred elixir emerged, chaos ensued. A battle raged across the universe, and in the divine struggle, four drops of nectar fell upon **Prayagraj, Haridwar, Ujjain, and Nashik**—sanctifying them for eternity.

The Grand Spectacle: A River of Humanity

At the break of dawn, the sacred **Triveni Sangam** (the confluence of the Ganga, Yamuna, and the mystical Saraswati) glistens under the golden light, awaiting the first pilgrims. Then, like a mighty tide, come the **Naga Sadhus**—ash-clad, fierce, their matted locks flowing like wild rivers. With cries of "**Har Har Mahadev!**", they plunge into the holy waters, leading the **Shahi Snan (Royal Bath)**—a ritual as ancient as time itself.

*"Not kings, nor queens, but saints march first,
In sacred ash, in penance immersed.
A dip divine, a soul rebirth,
A fleeting moment, heaven on earth."*

Among them walk the seekers—the young, the old, the wanderers, the curious. Some come to wash away the burdens of past lives, others to find answers in the mystic murmurs of sages. The air vibrates with the echoes of **Vedic chants, temple bells, and conch shells**, creating a symphony of devotion.

A Meeting of Worlds: Tradition, Philosophy, and Humanity

The Kumbh is not just a bath; it is a **university without walls, a marketplace of ideas, a theatre of life itself**. Philosophers debate the mysteries of existence, ascetics share their silent wisdom, poets compose verses under the open sky. In the vast, colourful camps of **Akhadas (spiritual sects)**, seekers listen to discourses on **Dharma, Karma, and Moksha**.

*"A place where scholars and mystics meet,
Where past and present gently greet,
Where silence speaks, where wisdom flows,
Where faith, like Ganga, endless grows."*

Beyond the spiritual, the Kumbh is a **melting pot of cultures, cuisines, and crafts**—a carnival of humanity where one can witness the rich mosaic of India's heritage. Here, a Sadhu meditates in tranquil solitude, while just a few steps away, a storyteller enthralles a crowd with epics of old.

More Than a Festival: A Legacy Eternal

The Maha Kumbh Mela is more than a congregation; it is a **symbol of unity, an unbroken link to the past, and a promise for the future**. It has endured **dynasties, invasions, and the tides of time**, yet its essence remains unchanged. Even UNESCO recognizes it as an **Intangible Cultural Heritage of Humanity**—a title befitting an event that defies definition.

*"No king commands, no law decrees,
Yet millions come with hearts at ease.
For faith alone, like rivers wide,
Becomes the pilgrim's only guide."*

And as the festival wanes, as the crowds disperse like ripples upon water, one truth remains—the **rivers will call again, and the faithful will return, as they always have, as they always will**.

Until we meet again at the sacred confluence...

*"For faith is timeless, and so is the Kumbh,
A celestial rhythm, a sacred hum.
When twelve more years complete their run,
The journey begins—again as one."*



The Resplendent Saga of MVJ College of Nursing

*Since 1993, a dream took flight,
A beacon born of healing light.
MVJCON stood, steadfast and strong,
A legacy built to last lifelong.*

*With hands that mend and hearts that guide,
Through trials fierce, we stand with pride.
A thousand voices, one refrain,
To ease the world of ache and pain.*

*From first-day lessons, bright and new,
To halls where wisdom freely grew.
Pioneers trained with care so deep,
Their oath of service sworn to keep.*

*Each year a step, each step a rise,
From humble roots to touch the skies.
Accolades vast, achievements grand,
A force of care at health's demand.*

*Beyond the books, beyond the walls,
MVJCON answers duty's calls.
The Nightingale's torch burns ever bright,
A guiding flame in darkest night.*

*Three decades passed, yet still we soar,
To heal, to lead, to serve much more.
The chronicles written in hearts so true,
MVJCON stands—forever new.*



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