

NCHS PULSE

CELEBRATING THE POWER OF HANDS-ON LEARNING THAT SHAPES FUTURE HEALTHCARE PROFESSIONALS



HEALTH FIRST, EVERYTHING FOLLOWS

It's important to remember that health is the foundation of everything we do. No achievement, relationship, or goal can truly be enjoyed if our physical or mental well-being is compromised. Prioritizing your health is not a luxury or a choice—it is a necessity. Taking care of your body through proper nutrition, regular movement, and enough rest helps you function at your best. At the same time, protecting your mental health—by setting boundaries, managing stress, and allowing yourself to slow down when needed—is just as important. In a world that constantly pushes us to do more, choosing to pause and care for you is a powerful decision. When you prioritize your health, everything else begins to fall into place. You think clearer, feel stronger, and handle challenges better. So, take a moment to remind yourself that your health is not something to compromise—because in the end, your health is your true wealth.

Jeena Mandanna

II BPT

NHIP, Bengaluru



ENHANCING EMERGENCY PREPAREDNESS THROUGH SIMULATION TRAINING

III semester B.Sc. Nursing students actively participated in a mock community emergency simulation conducted on 7th April in collaboration with the Department of Infection Control and Emergency Medical Response (EMR) at NH Hospital, Mysuru. The simulation was aimed to enhance students' practical competencies in handling real-life emergency situations, with a focus on triage, infection prevention, and coordinated patient care.

Throughout the simulation, the students demonstrated teamwork, quick decision-making and effective communication. The program provided a valuable hands-on experience, helping bridge the gap between theoretical knowledge and clinical application, and equipping students with the confidence and skill needed to respond efficiently during real world community emergencies.



SHOWCASING TALENT AT MVM SYNERGY NEURONEXUS 2026

NST students of NCHS actively participated in MVM Synergy Neuronexus 2026 held on 8th April at MVM College of Allied Health Sciences. Mr. Akash (Intern) presented a poster on differentiating C8-T1 radiculopathy from ALS using clinical and neurophysiological correlation. Ms. Poonam and Ms. Riya presented “Myotonia Congenita: Cracking the Chloride Code” and secured Second Place in the poster presentation category.

Ms. Karkuzali P., Lecturer in Neuroscience Technology, NHIAHS, served as a Speaker and Resource Person, delivering a session on advanced neuro-electrophysiological techniques, with emphasis on nerve conduction studies and their clinical applications.

The event provided valuable academic exposure, hands-on learning, and interdisciplinary interaction, enhancing students' clinical knowledge and research skills.



TOGETHER FOR HEALTH: STAND WITH SCIENCE

On the occasion of World Health Day 2026, B.Sc. Nursing students of NHF College of Nursing, Mysuru organized awareness programs on 8th and 9th April based on the theme "Together for Health: Stand with Science."

III semester students performed a role play in the OPD of NH Hospital, Mysuru, highlighting the importance of evidence-based healthcare, disease prevention, and hygiene while VII semester students, along with the Department of Community Health Nursing, conducted a program at the Community Health Centre, Jayanagar, presenting a skit addressing myths and misconceptions related to antenatal, infant, and postnatal care, immunization, and breastfeeding. The performance emphasized the importance of scientific knowledge and evidence-based practices in promoting maternal and child health.

The event was graced by Dr. Nisha P. Nair, Principal; Dr. Giridhar, Medical Officer; and Dr. Veena B. S., who appreciated the students' efforts. The programs successfully promoted public health awareness and encouraged scientific health practices.

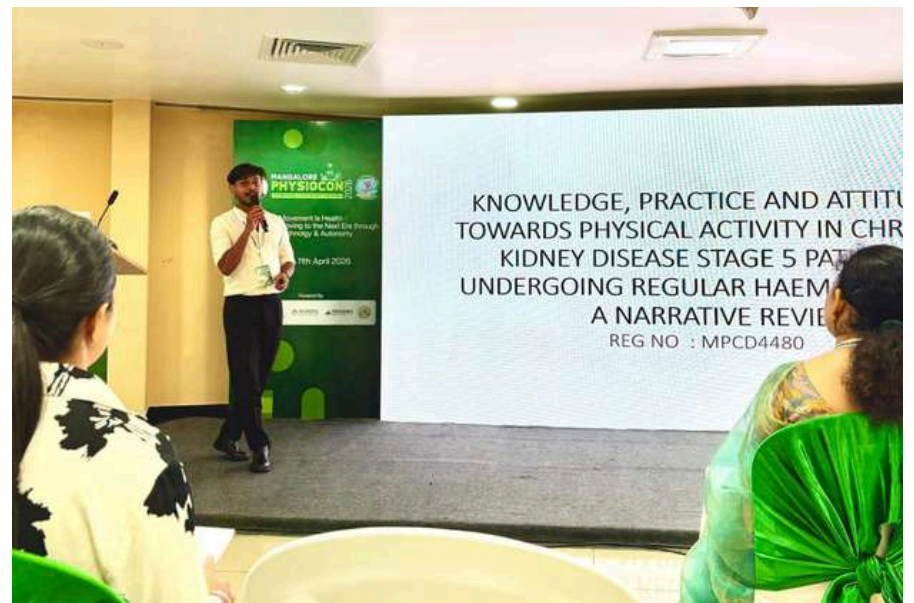


NHIP MAKES ITS MARK AT PHYSIOCON 2026

Students of III and IV year BPT along with I and II year MPT from Narayana Hrudayalaya Institute of Physiotherapy actively participated in Mangalore Physiocon 2026, held on April 10–11, 2026, in Mangalore. A total of 59 students, accompanied by three faculty members and the Principal, represented the institution at this prestigious academic event.

The conference served as a valuable platform for learning and professional engagement. MPT students showcased their academic work through paper presentations. Ms. K. Sai Deekshita (MPT I year) secured the 3rd prize in the postgraduate category for her presentation on physiotherapy and rehabilitation practices in adult patients receiving ECMO. Ms. Ashika Prabhu presented a review on pain neuroscience education in chronic musculoskeletal pain, while Mr. Anugrah Thomas Salu presented on physical activity awareness among patients with chronic kidney disease undergoing haemodialysis.

Faculty members also made significant contributions. Dr. Srimonta Das presented on early mobilization and respiratory support in ECMO patients. The Principal, Dr. Rajendra Kachhwaha, delivered an insightful talk on ACL injuries from a physiotherapy perspective. Dr. Deepak Jain was honored with the Significant Contribution Award for his outstanding service to the profession. The event enriched participants academically and fostered meaningful professional interactions.



OBG MODEL DEMONSTRATION – A PRACTICAL LEARNING INITIATIVE

The VII semester students of NHF College of Nursing, Mysore conducted an Obstetrics and Gynaecology (OBG) model presentation on 18th April under the guidance of Mrs. Vineetha V. Vijayan, with the support of Principal Dr. Nisha P. Nair. The activity aimed to enhance understanding of maternal and reproductive health through practical demonstration.

Students presented models on key topics such as antenatal care, foetal circulation, stages of labour, normal delivery, episiotomy care, labour ward organization, and family planning. The presentations were clear, informative, and supported by charts and evidence-based content.

The event showcased strong teamwork, communication skills, and the ability to apply theoretical knowledge in a clinical context. Overall, it was a valuable learning experience that enhanced students' understanding and practical skills in OBG.



CELEBRATING EXCELLENCE: TERUMO SCHOLARSHIP AWARD CEREMONY

Narayana Hrudayalaya Institute of Allied Health Sciences organized the Terumo Scholarship Award Ceremony on 21st April to recognize the academic achievements of meritorious BSc Perfusion Technology students. The event highlighted the ongoing collaboration between Terumo India Pvt. Ltd. and Narayana Hrudayalaya Foundations, which has been supporting deserving students since 2016.

Scholarship certificates were awarded to students from the 2022, 2023, and 2024 batches, acknowledging their academic excellence and dedication. The ceremony was graced by Ms. Ameya Shetty, Director, NCHS; Dr. Anudeep Sandhu, Director – Medical Affairs and Clinical Affairs, Terumo India Pvt. Ltd.; and Mr. Prakash P. V. S., Senior Perfusionist and Head of the Department, Perfusion Technology, NICS & NHIMS.

The event reflected the importance of educational support in shaping future healthcare professionals. The event served as a proud reminder of the power of educational support, mentorship, and collaboration in shaping the next generation of healthcare professionals.



UNDERSTANDING PATIENT PERSPECTIVES

Students of V Semester, NHFCON Mysuru conducted a Grievance Redressal Meeting on 21st April at Aaladamara, Karuna Trust Manasa ECRC, Mysuru, as part of their clinical learning experience in Mental Health Nursing. The activity aimed to understand patient concerns, needs, and satisfaction with the care and services provided.

Students interacted directly with patients and administered a structured grievance redressal questionnaire. Patients were encouraged to share their feedback on nursing care, ward environment, food, communication, and overall treatment experience. The students actively listened, clarified responses, and documented feedback systematically.

Most patients expressed satisfaction, while a few suggested improvements in recreational activities. The activity enhanced students' communication skills, empathy, and understanding of patient-centered care, providing valuable practical exposure in psychiatric nursing.



FACULTY APPRECIATION

APPLAUDING ACADEMIC EXCELLENCE IN FORENSIC NURSING

Mrs. Umavalli S, Associate Professor, NHCON, Bengaluru, actively contributed as a resource person in multiple academic programs in the field of forensic nursing. She delivered a session on "Human Rights in Forensic Nursing" during the National Virtual Short Term Course on "Forensic Nursing" organized by Jabalpur Institute of Nursing Sciences & Research on 16th April 2026. In addition, she also served as a speaker in a forensic nursing webinar organized by Nurseslab on 4th April 2026, where she presented on "Introduction to Forensic Nursing: Current Scenario and Future Directions." Through her participation in these programs, she shared valuable knowledge and insights, significantly enriching the learning experience of participants and contributing to the advancement of forensic nursing education.



STRENGTHENING SKILLS: A STEP FORWARD IN ACADEMIC EXCELLENCE

Strengthening Skills: A Step Forward in Academic Excellence
Ms. Abhineetha, Associate Professor, Narayana NCHS, successfully completed a Faculty Development Workshop organized by the Karnataka Allied & Health Care Professionals Association in collaboration with Rajiv Gandhi University of Health Sciences (RGUHS) on 12th April 2026.

The training emphasized strengthening skills in Objective Structured Practical Examination (OSPE/OSCE), including the development of practical examination blueprints, station creation, and checklist design. Participants also engaged in a mock OSPE session, providing hands-on experience in structured assessment methods.

The workshop proved to be highly beneficial, contributing to improved teaching and evaluation practices in health sciences education.